

**Count:** 32                      **Wall:** 4                      **Level:** Beginner / Improver

**Choreographer:** Susan Reynolds - August 2018

**Music:** Life Changes by Thomas Rhett

**Intro: 4 - 8 counts. Start with singing.**

## **WALK, WALK, FRONT LOCK STEP, ROCK, RECOVER, COASTER**

- 1-2**            Walk R forward, Walk L forward
- 3&4**            Step R forward, Step L forward and crossed behind R, Step R forward
- 5-6**            Rock L forward, Recover R
- 7&8**            Step L back, Step R back next to L, Step L forward

## **SAILOR R & L, KICK BALL CHANGE 2X**

- 1&2**            Step R behind L, Step L to L side, Step R to right side
- 3&4**            Step L behind R, Step R to R side, Step L to left side
- 5&6**            Kick R forward, Step R ball of foot slightly behind L, Step L in place
- 7&8**            Kick R forward, Step R ball of foot slightly behind L, Step L in place

## **SIDE ROCK, BACK SIDE FRONT 2X**

- 1-2**            Rock R to R side, Recover on L
- 3&4**            Step R behind L, Step L to L side, Step R in front over L
- 3-4**            Rock L to L side, Recover on R
- 3&4**            Step L behind R, Step R to R side, Step L in front over R

## **SHUFFLE FORWARD, ¼ TURN, SHUFFLE FORWARD, ½ TURN**

- 1&2**            Step R forward, Step L next to R, Step R forward
- 3-4**            Step L as pivot 1/4 to R (weight ends on R)
- 5&6**            Step L forward, Step R next to L, Step L forward
- 7-8**            Step R forward as pivot ½ to L (weight ends on L)

**TAG: 16 counts - occurs 3 times. As soon as you face Wall 3, 5 & 7. You will be facing 6:00, 12:00, and 6:00**

## HEEL SWITCHES, ½ TURN, ROCKING CHAIR - 2X

**1&2&** Touch R heel forward, Step R in place, Touch L heel forward, Step L in place

**3-4** Step R forward as pivot ½ to L (weight ends on L)

**5-8** Rock R forward, Step L in place, Rock R back, Step L in place

**1&2&** Touch R heel forward, Step R in place, Touch L heel forward, Step L in place

**3-4** Step R forward as pivot ½ to L (weight ends on L)

**5-8** Rock R forward, Step L in place, Rock R back, Step L in place