

# Lifers

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**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Silvia Schill - 4 July 2018

**Music:** Lifers by Cody Jinks

## The dance begins with the singing

### Heel Grind Turning $\frac{1}{4}$ R, Coaster Step, Rock Forward, $\frac{1}{4}$ Turn L/Chassé L

**1-2**            Step forward with RF, just put on the heel (toes pointing left) -  $\frac{1}{4}$  Turn right around and step back with left (turn toes pointing right) (3 o'clock)

**3&4**           Step back with RF, LF beside RF, step forward with RF

**5-6**           Step forward with LF, lift RF slightly up - weight back on the RF

**7&8 $\frac{1}{4}$  Turn to the left and step with LF to the left (12 o'clock) - RF beside LF and step with LF to the left**

**Restart: In the 3rd round - direction 12 o'clock - stop here and start again**

**Restart: In the 5th and 8th round - direction 6 o'clock - stop here and start again**

### Cross, Side, Sailor Step, Cross, Side, Behind-Side-Cross

**1-2**            Cross RF over LF - step with LF to left

**3&4**           Cross RF behind LF - Step with LF to left and weight back on the RF

**5-6** cross LF over RF - step with RF to right

**7&8** cross LF behind RF - step with RF to right, cross LF over RF

### Figure of 8 Vine Turning $\frac{1}{4}$ L

**1-2**            Step RF to right, cross LF behind RF

**3-4 $\frac{1}{4}$  Turn right and step forward with RF (3 o'clock) - step forward with LF**

**5-6 $\frac{1}{2}$  Turn right on both bales, weight at end right -  $\frac{1}{4}$  Turn right and step with LF to left (12 o'clock)**

**7-8**            Cross RF behind left -  $\frac{1}{4}$  Turn left and step LF to left (9 o'clock)

### Chassé R, $\frac{1}{4}$ Turn L/Rock Back, Step, Lock, Locking Shuffle Forward

**1&2** Step with RF to right, LF beside RF, step with RF to right

**3-4<sup>1</sup>/<sub>4</sub>** Turn left and step back with LF, lift RF (6 o'clock) - Weight back on the RF

**5-6** Step forward with LF- cross RF behind LF

**7&8** Step forward with LF- cross RF in behind LF and step forward with LF

**Repeat until the end**

**And don't forget to smile, because dancing is fun!**

**There is no guarantee for errors in the translation, content, spelling, etc.!**

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