

# Life Changes

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

**Choreographer:** Jon La May - December 2018

**Music:** Life Changes - Thomas Rhett

## **Intro: 16 Counts, Start on vocals. (Rotates Clockwise)**

### **RIGHT ROCK, RECOVER LEFT, RIGHT SAILOR, LEFT SAILOR 1/4 TURN, RIGHT/LEFT HEEL SWIVEL 1/2 TURN**

- 1-2**      Rock right to side, recover left
- 3&4**      Step right behind left, step left to side, step right to side
- 5&6**      Step left behind right, turning 1/4 left step right to side, step left to side (facing 9 o'clock)
- 7&8**      Step right forward, (turning Left) swivel left heel back 1/4 left, swivel right heel back 1/4 left (to face 3 o'clock)

### **LEFT COASTER, HEEL SWIVEL 1/2 TURN, LEFT COASTER, RIGHT KICK BALL POINT, POP, HITCH**

- 1&2**      Step left back, step right next to left, step left forward
- 3&4**      Right step forward, (turning left) swivel left heel back 1/4, swivel right heel back 1/4 (turning left, to face 6 o'clock)
- 5&6**      Step left back, step right next to left, step left forward
- 7&8&a** **Kick right, step right next to left, point left to side, step left next to right and "pop" your right knee, hitch left leg**

### **RUMBA LEFT SIDE FORWARD, RUMBA RIGHT SIDE BACK, LEFT BACK ROCK RECOVER, RUN LEFT, RUN RIGHT, RUN LEFT**

- 1&2**      Step left to side, step right next to left, step left foot forward
- 3&4**      Step right to side, step left next to right, step right step back
- 5-6**      Rock back left, recover right
- 7&8**      Run forward, left, right, left (Alt: Full right turn)

### **RIGHT SIDE ROCK, RECOVER LEFT, RIGHT BEHIND SIDE CROSS, LEFT ROCK, RECOVER RIGHT, LEFT SAILOR 1/2 TURN, CROSS LEFT OVER RIGHT**

- 1-2**      Rock right to side, recover left

**3&4** Step right behind left, step left to side, cross right over left

**5-6** Rock left to side, recover right

**7&8** Step left behind right, step right 1/4 left, turning 1/4 left, cross left over right

**\*TAG: RIGHT ROCK RECOVER, LEFT CROSSING SHUFFLE, LEFT ROCK, LEFT FULL TURN SHUFFLE**

**THREE TIMES, (16ct) - End of Wall 2 (Facing Back Wall), End of Wall 4 (Facing Front Wall), and end of 6 (Back Wall)**

**1-2** Rock right to side, recover left

**3&4** Step right over left, step left to side, step right over left

**5-6** Rock left to side, recover right (Styling: Shake your finger "No!")

**7&8** Shuffle left making a full turn to back wall, ending left over right (Alt No Turn: behind, side, cross)

**9-16** Repeat 1-8