

# Lifer Ab Contra

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner Contra

**Choreographer:** Jennifer Jones (USA) - November 2025

## CONTRA SET UP:

1. FIRST ROW FACES SECOND ROW, THIRD ROW FACES FOURTH ROW ETC,
2. EACH PERSON SHOULD HAVE AN OPEN SPACE IN FRONT OF THEM (STAGGER) \*YOU SHOULD NOT BE IN FRONT OF THE PERSON YOU ARE FACING
3. KEEP THE ROWS CLOSE TO ONE ANOTHER, 1 ARM LENGTH IN FRONT OF NEXT LINE, THE CLOSER YOU ARE THE MORE FUN AND CRAZIER IT BECOMES, GOOD LUCK WITH YOUR RIGHTS AND LEFTS !!!
4. HI FIVE AS YOU WALK TOWARDS EACH OTHER.
5. TRY TO HAVE AT LEAST 4 + ROWS,

**SECTION 1: WALK FWD., KICK FWD. (HI FIVE EACH OTHER), WALK BACK, TOUCH R**

(add flair to your walk, feel the music!!!)

1,2,3,4 Walk fwd. R,L,R, Kick L fwd. and clap

5,6,7,8 Walk back, L,R,L, touch R next to L,

**SECTION 2: WALK FWD., KICK FWD. (HI FIVE EACH OTHER), WALK BACK, TOUCH R**

(add flair to your walk, feel the music!!!)

1,2,3,4 Walk fwd. R,L,R, Kick L fwd. and clap

5,6,7,8 Walk back, L,R,L, touch R next to L,

**SECTION 3: BALANCE STEPS RIGHT & LEFT, FWD., AND BACK**

(lean/sway your body into each step)

1,2,3,4 R step right, L touch next to R, L step left, R touch next to L

5,6,7,8 R step fwd. L touch next to R Dip your body down fwd. , L step back, R touch next to L

## **SECTION 4: SIDE TOGETHER SIDE TOUCH, SIDE TOGETHER SIDE ¼ TURN TOUCH**

**(move your body to the beat)**

**1,2,3,4 Step to right side, R,L,R touch L next to R**

**5,6,7,8 Step to left side, L,R, L step left ¼ turn left, R touch next to L**

**Begin dance again, enjoy the song and have fun with the beat of the music**

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**This step sheet cannot be altered without written permission.**

**Thank you and enjoy the dance. Contact: [jenjones2018dance@gmail.com](mailto:jenjones2018dance@gmail.com)**