

Life Can Change

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Alan Haywood (UK) (July 2009)

Music: No Worries by Simon Webbe from the Sanctuary album - 92bpm

Intro: 21 seconds - straight after rapid drum beat when he sings the word 'So'

Alternative tracks:

I'm From The Country (dance mix) by Tracy Bird - 129bpm

Party Crowd by David Lee Murphy - 127bpm

Wine Women and Song by Patty Loveless - 126bpm

Section 1

R side, L behind & L cross shuffle, R side rock, recover L, R behind, L $\frac{1}{4}$ L, R forward

- 1-2** Step right to right side, cross step left behind right
- &3&4** Step right to right side, cross step left over right, step right to right side, cross step left over right
- 5-6** Rock right to right side, recover weight onto left
- 7&8** Cross step right behind left, step left $\frac{1}{4}$ left, step forward onto right (9 o'clock)

Section 2

Rock forward L, recover R, triple $\frac{3}{4}$ L, R forward, $\frac{1}{2}$ R, R coaster

- 1-2** Rock forward onto left, recover weight back onto right,
- 3&4** Triple $\frac{3}{4}$ left on the spot stepping left right left (12 o'clock)
- 5-6** Step forward onto right (prep for turn), make a $\frac{1}{2}$ turn right stepping left back (6 o'clock)
- 7&8** Step back onto right, step left next to right, step right forward

Section 3

L over, R side, L behind & L heel dig & R over, L side, $\frac{1}{4}$ R coaster

- 1-2** Cross step left over right, step right to right side
- 3&4** Cross step left behind right, step right to right side, dig left heel diagonally left forward

&5-6 Step left next to right, cross step right over left, step left to left side

7&8 Making a $\frac{1}{4}$ turn right step right back, step left next to right, step right forward (9 o'clock)

Section 4

Rock forward L, recover R, triple $\frac{1}{2}$ L, R forward, $\frac{1}{2}$ L, walk forward R L

1-2 Rock forward onto left, recover weight back onto right

3&4 Triple $\frac{1}{2}$ turn left stepping left right left (3 o'clock)

5-6 Step forward onto right, pivot $\frac{1}{2}$ turn left (9 o'clock)

7-8 Walk forward right, walk forward left

REPEAT AND ENJOY!!

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