

Change Your Life

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Count: 32

Wall: 4

Level: Intermediate NC

Choreographer: Maryloo - January 2018 - FRANCE

Music: Change Your Life by Little Mix

Intro : 8 + 16 counts

Alt. music : Little Me » (unplugged) by Little Mix (No Restart !- intro 16 counts

R NIGHTCLUB BASIC, L NIGHTCLUB BASIC, R FWD, L FWD, 1/2 PIVOT R, L FWD, 1/2 TURN L, 1/4 TURN L.

- 1-2&** Step R to side, rock L behind R., recover on R.
- 3-4&** Step L to side, rock R behind L, recover on L
- 5-6&** Step R forward, step L forward, pivot 1/2 turn right (weight on R) (6.00)
- 7-8&** Step L forward, 1/2 turn to left stepping R back (12.00), 1/4 turn to left, stepping L to side (9.00)

CROSS ROCK STEP R, CROSS ROCK STEP L, STEP PIVOT 1/2 TURN L, FULL TURN L, R FWD, L FWD

- 1-2&** Cross R over L, recover on L, step R to side
- 3-4&** Cross L over R, recover on R, step L to side
- 5-6** Step R forward, pivot 1/2 turn left (weight on L) (3.00)
- 7&8&1/2 turn left stepping R back (9.00), 1/2 turn left stepping L forward(3.00), step R forward, step L forward**

***Restarts here on the 2nd, 5th and 8th wall**

1/4 TURN L STEPPING R TO SIDE, BACK ROCK 1/2 R, BACK ROCK 1/4 L, L SAILOR, R SAILOR

1 1/4 turn to L and step R to side (12.00)

- 2&3** Rock L back, recover on R, turn 1/2 turn right stepping L back (6.00)
- 4&5** Rock R back, recover on L, turn 1/4 turn left stepping R to side (3.00)
- 6&7** Step L behind R, step R to side, step L to side (moving back slightly)
- &8&** Step R behind L, step L to side, step R to side (moving back slightly)

L BEHIND, ¼ TURN R STEPPING R FWD, STEP PIVOT ½ TURN R, L FWD, FULL TURN L, ¼ TURN L STEPPING R TO SIDE, SWAYS (L.R.L.)

1-2 Step L behind R, ¼ turn right stepping R forward (6.00)

3&4 Step L forward, pivot ½ turn right (weight on R) (12.00), step L. forward

5&6½ turn left stepping R back (6.00), ½ turn left stepping L forward (12.00), ¼ L stepping R to R side (9.00)

7- 8& Step L to side swaying to left, sway to right, sway to left

1 Take the beginning of the dance : Step R to side.....

***RESTART : ((Music : « Change Your Life » only !)**

On the 2nd wall , after 16 counts (12.00)

On the 5th wall , after 16 counts (9.00)

On the 8th wall, after 16 counts (6.00)

ENDING :

Cross R over L, unwind 1/4 turn left, to finish at 12.00 o' clock !

Contact Choreographer : Maryloo : malouwin@hotmail.fr - WEBSITE : www.line-for-fun.com

Last Update - 17th Jan. 2018