

## Life Can Change

32 Count, 4 Wall, Intermediate

Choreographer: Alan Haywood (UK) July 09  
Choreographed to: No Worries by Simon Webbe, CD:  
Sanctuary (92bpm); I'm From The Country (dance  
mix) by Tracy Byrd (129bpm); Party Crowd by David  
Lee Murphy (127bpm); Wine Women and Song by  
Patty Loveless (126bpm)

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21 second intro – straight after rapid drum beat when he sings the word 'So'

**S1 R side, L behind & L cross shuffle, R side rock, recover L, R behind, L ¼ 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 ¼ left, step forward onto right (9 o'clock)

**S2 Rock forward L, recover R, triple ¾ L, R forward, ½ R, R coaster**

- 1-2 Rock forward onto left, recover weight back onto right,  
3&4 Triple ¾ left on the spot stepping left right left (12 o'clock)  
5-6 Step forward onto right (prep for turn), make a ½ turn right stepping left back (6 o'clock)  
7&8 Step back onto right, step left next to right, step right forward

**S3 L over, R side, L behind & L heel dig & R over, L side, ¼ 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 ¼ turn right step right back, step left next to right, step right forward (9 o'clock)

**S4 Rock forward L, recover R, triple ½ L, R forward, ½ L, walk forward R L**

- 1-2 Rock forward onto left, recover weight back onto right  
3&4 Triple ½ turn left stepping left right left (3 o'clock)  
5-6 Step forward onto right, pivot ½ turn left (9 o'clock)  
7-8 Walk forward right, walk forward left
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