

# “Country Linedancer”



## Lifers

**Choreographer:** Silvia Schill

**Music:** Lifers by Cody Jinks

32 Count, 2 Wall, Novice/Improver Line Dance; 3 restarts, no tags

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The dance begins on vocals

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### **Heel Grind Turning ¼ R, Coaster Step, Rock Forward, ¼ Turn L/Chassé L**

- 1-2 Step forward with RF, just put on the heel (toes pointing left), ¼ turn right around and step back with left (turn toes pointing right) (3 o'clock)
- 3&4 Step back with RF, LF beside RF, step forward with RF
- 5-6 Step forward with LF, lift RF slightly up, weight back on the RF
- 7&8 ¼ Turn to the left and step with LF to the left (12 o'clock), RF beside LF and step with LF to the left

**Restart: In the 3rd round - direction 12 o'clock - stop here and start again**

**Restart: In the 5th and 8th round - direction 6 o'clock - stop here and start again**

### **Cross, Side, Sailor Step, Cross, Side, Behind-Side-Cross**

- 1-2 Cross RF over LF, step with LF to left
- 3&4 Cross RF behind LF, step with LF to left and weight back on the RF
- 5-6 Cross LF over RF, step with RF to right
- 7&8 Cross LF behind RF, step with RF to right, cross LF over RF

### **Figure of 8 Vine Turning ¼ L**

- 1-2 Step RF to right, cross LF behind RF
- 3-4 ¼ Turn right and step forward with RF (3 o'clock), step forward with LF
- 5-6 ½ Turn right on both feet, weight at end right, ¼ turn right and step with LF to left (12 o'clock)
- 7-8 Cross RF behind left, ¼ turn left and step forward with LF (9 o'clock)

### **Chassé R, ¼ Turn L/Rock Back, Step, Lock, Locking Shuffle Forward**

- 1&2 Step with RF to right, LF beside RF, step with RF to right
- 3-4 ¼ Turn left and step back with LF, lift RF (6 o'clock), weight back on the RF
- 5-6 Step forward with LF, cross RF behind LF
- 7&8 Step forward with LF, cross RF behind LF, step forward with LF

**Repeat to the end**

**And don't forget to smile, because dancing is fun!**

There is no guarantee for errors in the translation, content, spelling, etc.!

**Country Linedancer Berlin-Brandenburg e. V.**

[www.country-linedancer.de](http://www.country-linedancer.de)