

# Lifer

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Darren Bailey (UK) - August 2020

**Music:** MercyMe - Lifer

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## **Intro: 8 Counts**

**(1 Restart on wall 6 after 16 counts)**

## **Syncopated Vine R, Touch Out, Touch In, 4 Walks making 3/4 turn R**

1-2&            Step RF to R side, Cross LF behind RF, Step R to R side  
3&4            Cross LF in front of RF, Touch RF to R side, Touch RF next to LF  
5-6            Make a 1/4 turn R and Step RF forward, Make a 1/4 turn R and Step LF forward  
7-8            Make a 1/4 turn R and Step RF forward, Step LF forward (Now facing 9:00)

## **Slide R, Slide L, Back, Back, Back, Ball, Cross,**

1-2            Take a big step to R diagonal with RF, Touch LF next to RF  
3-4            Take a big step to L diagonal with LF, Touch LF next to RF  
5-6            Step back on RF, Step back on LF  
7&8            Step back on RF, Close LF next to RF, Cross RF in front of LF

**(Restart: on wall 6 when you dance the restart here, replace the Ball Cross with a Step LF next to RF, So that the weight is on the correct foot to start the dance again. You should restart the dance facing 12:00)**

## **1/4 turn L, 1/2 turn L, L Coaster step, Skate R, Skate L, Shuffle forward**

1-2            Make a 1/4 turn L and step forward on LF, Make a 1/2 turn L and step back on RF (Now facing 12:00)  
3&4            Step back on LF, Close RF next to LF, Step forward on LF  
5-6            Skate to R with RF, Skate to L with LF (can be replaced with Boogie Walks)  
7&8            Step forward on RF, Close LF next to RF, Step forward on RF

## **Cross, 1/4 turn L, Chasse L, Pivot 1/2 turn L, Side switches**

1-2            Cross LF in front of RF, Make a 1/4 turn L and step back on RF (Now facing 9:00)  
3&4            Step LF to L side, Close RF next to LF, Step LF to L side  
5-6            Step forward on RF, Make a 1/2 turn pivot L (Now facing 3:00)  
7&8&            Touch RF to R side, Step RF next to LF, Touch LF to L side, Step LF next to RF