

Life Lesson

LINEDANCE.COM

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Hayley Wheatley (UK) & Sophie Stevens (UK) - April 2025

Intro : 16 counts

[1-8] VINE R, TOUCH L, DIAGONAL STEP, TOUCH, DIAGONAL STEP BACK, TOUCH,

12 Step RF to R side (1), Step LF behind RF (2),

34 Step RF to R side (3) Touch LF next to RF (4)

56 Step LF forward to L Diagonal (5), Touch RF next to LF (6)

78 Step RF back to R Diagonal (7), Touch LF next to RF (8)

Optional Arms: Waving both arms from R to L (counts 5,6) and from L to R (counts 7,8)

[9-16] VINE L, TOUCH R, DIAGONAL STEP BACK, TOUCH L, FWD STEP, BRUSH

12 Step LF to L side (1), Step RF behind LF (2),

34 Step LF to L side (3) Touch RF next to LF (4)

56 Step RF back to R Diagonal (5), Touch LF next to RF (5)

78 Step LF forward (7), Brush RF (8)

Optional Arms: Waving both arms from L to R (counts 5,6) and from R to L (counts 7,8)

[17-24] ROCKING CHAIR R, PIVOT $\frac{1}{4}$ TURN x2

12 Rock RF forward (1), Recover on L (2)

34 Rock RF back (3), Recover on L (4)

56 Step RF forward (5), $\frac{1}{4}$ turn to L, weight on LF (6) 09:00

78 Step RF forward (7), $\frac{1}{4}$ turn to L, weight on LF (8) 06:00

[25-32] WEAVE L, HEEL GRIND $\frac{1}{4}$ TURN R, RECOVER L, TOUCH R, CLAP x2

12 Cross RF over LF (1), Step LF to LF side (2)

34 Cross RF behind LF (3), Step LF to L side (4)

56 Heel grind R w/ $\frac{1}{4}$ turn to R (5), Recover on L (6) 09:00

7&8 Touch RF next to LF (7), Clap twice (&8)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=194861