

Life's Lesson

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Count: 64 **Wall:** 4 **Level:** High Intermediate

Choreographer: Kayla Cosgrove | April 2016

Music: Don't Be So Hard On Yourself by Jess Glynne

Quick Start! Star dancing on the lyrics

S1: Step tap, Side shuffle $\frac{1}{4}$, Step $\frac{1}{2}$, $\frac{1}{4}$ Side shuffle (End Facing 12 o'clock)

- 1,2 Step R to R side(1) Tap L behind(2)
- 3&4 Left side shuffle R(3)L(&)R(4) making a $\frac{1}{4}$ turn left on count 4
- 5,6 Step left forward(5) $\frac{1}{2}$ turn left(6)
- 7&8 Step R to R making a $\frac{1}{4}$ L and side shuffle R(7) L(&) R(8)

S2: Back rock recover, & Behind side cross, Step $\frac{1}{4}$ turn, Cross shuffle (End facing 3 o'clock)

- 1,2 Rock L back slightly behind R(1) Recover to R(2)
- &3 Step L to L(&) Step R behind L(3)
- &4 Step L to L(&) Step R forward(4) Slightly larger step (Optional Styling: body roll up)
- 5,6 Step L forward(5) $\frac{1}{4}$ R(6)
- 7&8 Cross L over R(7) Step R slightly to R(&) Cross L over R(8)

S3: Step side, $\frac{1}{2}$ Turn torque left, Unwind $\frac{1}{2}$ turn right, Sweeping $\frac{1}{2}$ turn sailor step, Rock recover, Step (End facing 9 o'clock)

- 1,2 Step R to R side(1) Keeping your feet in place, turn a $\frac{1}{2}$ turn over L as you bend your knees to change levels(2)
- 3 Unwind $\frac{1}{2}$ turn R as you rise back up, starting to sweep R foot around (3)
- 4&5 Continuing sweep, sailor step $\frac{1}{2}$ turn R stepping R behind L making $\frac{1}{4}$ R(4) Step L slightly to L as you make a $\frac{1}{4}$ R(&) Step R slight forward(5)
- 6,7 Rock L forward(6) Recover back R(7)
- 8 Step L slightly back(8)

S4: Samba x2, $\frac{1}{4}$ Turn Left, $\frac{1}{4}$ Turn Left, Cross Rock recover (End facing 3 o'clock)

- &1,2 Step R to R side(&) Step L in place underneath you(1) Cross R over L(2)

- &,3,4** Step L to L side (&) Step R in place underneath you(3) Cross L over R(4)
- 5,6** Step R back making a $\frac{1}{4}$ turn L(5) Step L side as you make a $\frac{1}{4}$ L(6)
- 7,8** Cross rock R over L(7) Recover L(8) (Note: Start opening up to back corner - 4:30)

S5: Walk x2 to the diagonal, Side rock cross, Cross, $\frac{1}{4}$ Turn Left, $\frac{3}{4}$ Turn shuffle left cross (Facing 12 o'clock)

- 1,2** Walk forward to 4:30 R(1) Walk forward L(2)
- 3&4** Rock R to R side(3) Recover to L(&) Cross R over L making a $\frac{1}{8}$ turn L Straightening out to 3 o'clock(4)

5,6 $\frac{1}{4}$ turn L as you cross L over R(5) Step L back making a $\frac{1}{4}$ turn L(6)

- 7&8** Shuffle $\frac{3}{4}$ turn over L stepping L to L as you make a $\frac{1}{4}$ turn L(7) Step R together as you make another $\frac{1}{4}$ L(&) Step L across R as you make another $\frac{1}{4}$ turn L

S6: Side rock recover, Behind side step with dip, Lift, Step, Right mambo step (End facing 12 o'clock)

- 1,2** Side Rock R to R(1) Recover to L(2)
- 3&4** Step R behind L(3) Step L to L side(&) Step R forward and across L as you bend the knees to dip down(4)
- 5,6** Bring L knee up as you raise up from dip(5) Step L forward(6)
- 7&8** Rock R forward(7) Recover L(&) Step R slightly back(8)

S7: Step back tap, Step back tap, Full turn back, Step back tap (End facing 12 o'clock)

- 1,2** Step Back L(1) Tap R toes forward as you lift R hip up(2)
- 3,4** Step Back R(3) Tap L toes forward as you lift L hip up(4)
- 5,6** Make a $\frac{1}{2}$ turn L stepping L forward(5) Make a $\frac{1}{2}$ turn L stepping R back(6)
- 7,8** Step Back L(1) Tap R toes forward as you lift R hip up(2)

S8: Back rock recover, Walk x2 (optional full turn) Mambo $\frac{1}{2}$ right, $\frac{1}{4}$ right side, Tap (End facing 9 o'clock)

- 1,2** Rock R back(1) Recover L(2)
- 3,4** Walk forward R(5) Walk forward L(6) (Option: $\frac{1}{2}$ turn L stepping R back(5) $\frac{1}{2}$ turn L stepping L forward)
- 5&6** Rock R forward(5) Recover L(&) $\frac{1}{2}$ turn R stepping R forward(6)

7,8^{1/4} R as you step L out to L(7) Tap R toes behind L(8)

No Tags, No Restarts. Just Go!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=111545