

Count: 48

Wall: 4

Level: intermediate

Choreographer: Linda Moore

Music: Practice Life by Andy Griggs

RIGHT GRAPEVINE ½ TURN, CHASSE LEFT, BACK ROCK

- 1-4** Step right to right side, cross left behind right, stepping right to right, brush forward left making ½ turn right
- 5&6** Step left to left side, close right beside left, step left to left side
- 7-8** Rock back onto right, rock forward onto left

SHUFFLE ½ TURN LEFT TWICE, PIVOT ½ TURN LEFT, SHUFFLE FORWARD RIGHT

- 1&2** Shuffle stepping forward making ½ turn left, stepping right left right
- 3&4** Shuffle stepping back making ½ turn left, stepping left right left
- 5-6** Step forward right, pivot turn left
- 7&8** Stepping forward right, close left beside right, step forward right

CROSS ¼ TURN BACK, SHUFFLE BACK LEFT, BACK ROCK, SHUFFLE FORWARD RIGHT

- 1&2** Cross left over right, ¼ turn left stepping back onto right
- 3&4** Stepping back onto left, close right beside left, step back left
- 5-6** Rock back onto right, rock forward onto left
- 7&8** Step forward right, close left beside right, step forward right

CROSS ¼ TURN BACK, LEFT SHUFFLE FORWARD, CROSS ¼ TURN BACK, RIGHT SHUFFLE FORWARD

- 1-2** Cross rock forward onto left, rock back onto right making ¼ turn left
- 3&4** Stepping forward left, close right beside left, step forward left
- 5-6** Cross rock forward onto right, rocking back onto left making ¼ turn right
- 7&8** Stepping forward right, close left beside right, stepping forward right

JAZZ BOX LEFT, CHASSE LEFT, ROCK BACK RIGHT

- 1-2** Cross left over right, step back onto right
- 3-4** Step left to left side, close right beside left

5&6 Step left to left side close right beside left, step left to left side

7-8 Rock back onto right, rock forward onto left

STEP, ½ PIVOT LEFT, STEP & CLAP, STEP, ½ PIVOT RIGHT, STEP & CLAP

1-2 Step forward right, half turn left

3-4 Step forward right & clap

5-6 Step forward left, half turn right

7-8 Step forward left & clap

REPEAT