

GET A LIFE

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Count: 72

Wall: 2

Level: intermediate

Choreographer: Bell'sstar & Babystar

Music: Daddy Laid The Blues On Me by Bobbie Cryner

RIGHT BOUNCE 2 3 4

1-4 Right foot bounce heel 4 times

5-8 Left foot bounce heel 4 times

RIGHT ROCK COASTER STEP

1-2-3&4 Rock forward on right recover on left, step back right, step left foot beside right foot, step forward right

5-8 Repeat above on left foot

FULL PADDLE TURN LEFT TO THE COUNT OF 8

1-8 Rock right foot out to right side, recover back on to left, turning $\frac{1}{4}$ turn left each time (12:00)

KNEE ROLLS

1-4 Moving forward, right toe to left instep, roll knee to right, taking toe with it at the same time, repeat with left toe

5-8 Repeat above 4 counts

WALKING BACK

1-4 Step back right, left, right, left

HEEL JACKS TO THE COUNT OF 8

1&2 Right heel forward, bring it back in place, left heel forward

&3&4 Bring left heel back in place, right heel forward, bring it back in place, left heel forward

5-8 Repeat above

You could replace above 8 counts with apple jacks if you wish

RIGHT ROCK COASTER STEP

1-2-3&4 Rock forward on right, recover on left, step back right, step left beside right, step forward on right

5-8 Repeat above 4 counts on left foot

FULL PADDLE TURN

1-8 Rock right foot to right side, recover on left, turning a quarter of a turn each time you do so

RIGHT ROCK FORWARD TRIPLE HALF TURN

1-2-3&4 Rock forward on right, recover on left, turn right $\frac{1}{2}$ right shuffle

LEFT ROCK FORWARD TRIPLE HALF TURN

5-6-7&8 Rock forward on left, recover on right, turn left $\frac{1}{2}$ left shuffle

STEP TURN STOMP, STOMP

1-4 Step forward on right, pivot $\frac{1}{2}$ turn left, stomp right, left

REPEAT