

LIFE BEGINS AT 40!

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Count: 32

Wall: 4

Level: intermediate/advanced

Choreographer: Eileen & Emma Frater

Music: Healing Hands by Elton John

POINT, POINT & SWITCH, SAILOR STEP, STAB TURNS, LOCK SHUFFLE

- 1-2&3** Point right toe forward, point right toe to right side, bring right foot beside left and switch left toe point to left side
- 4&5** Left sailor step
- &6&7** Hitch right turning $\frac{1}{4}$ turn left point right out to side, repeat
- 8&1** Right lock shuffle forward traveling to left diagonal

POINT, FLICK, CROSS BACK, BACK, COASTER STEP, STEP TO SIDE

- 2-3** Touch left toe to left side, flick (low kick) left foot to left diagonal
- 4&5** Cross left over right, step right back, step left back (traveling back)
- 6&7** Right coaster step
- 8** Step left to left side

CLAPS, ROCK, SWIVEL, SWIVEL, CROSS SHUFFLE, RONDE $\frac{1}{4}$ TURN RIGHT

- &1** Clap hands twice
- 2-3** Cross rock right foot over left, rock back on left
- 4-5** Step right foot to right side swiveling (skate) to right diagonal, step left to left side swiveling (skate) to left diagonal
- 6&7** Right cross shuffle over left (traveling left)
- 8-1** Ronde left foot sweeping $\frac{1}{4}$ turn to right, touching left beside right

& ROCK, KICK CROSS POINT, HEEL BALL CROSS, ROCK TO SIDE, RECOVER SLIDE

- &2** Rock (small step to left side) left foot to left and recover weight onto right foot
- 3&4** Kick left foot forward, cross left over right and point right to right side
- 5&6** Right heel forward, bring right beside left and cross left foot over right
- 7-8** Rock (lunge) right foot to right side and rock back onto left sliding right beside left

REPEAT

