

Do This Life

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Cathy Breed (AUS) - April 2023

Music: Do This Life - High Valley : (Album: Way Back - iTunes)



Intro: Starts after 2 Counts on word 'I' - No Tags or Restarts

SIDE SHUFFLE, BACK, ROCK, SIDE SHUFFLE, BACK, ROCK

- 1&2 Step R to right, Step L beside right, Step R to right
- 3-4 Rock L back, Rock forward onto R
- 5&6 Step L to left, Step R beside left, Step L to left
- 7-8 Rock R back, Rock forward onto L

ROCKING CHAIR, STEP, PIVOT, STEP, PADDLE

- 1-2-3-4 Step R forward, Rock back onto L, Step R back, Rock forward onto L
- 5-6-7-8 Step R forward, Turn 1/2 left weight L, Step R forward, Turn 1/4 left weight L

SHUFFLE FORWARD, FORWARD, ROCK, SHUFFLE BACK, BACK, ROCK

- 1&2 Step R forward, Step L beside right, Step R forward
- 3-4 Step L forward, Rock back onto R
- 5&6 Step L back, Step R beside left, Step L back
- 7-8 Step R back, Rock forward onto L

1/4 JAZZ BOX, JAZZ BOX

- 1-2-3-4 Step R across left, Step L back, Turn 1/4 right step R forward, Step L beside right
- 5-6-7-8 Step R across left, Step L back, Step R to right, Step L beside right

Start dance again! Enjoy! ♦
