

# Rest of My Life

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner



**Chorégraphe:** Claire Bell (UK) - October 2018

**Musique:** Rest of My Life - Rod Stewart : (Album: Blood Red Roses Deluxe Version)

## #40 count intro

### Section 1: Side, front, side, flick, grapevine right

- 1,2 Point right toe to right side, point right toe forward
- 3,4 Point right toe to right side, flick right behind left
- 5,6 Step right to right side, step left behind right
- 7,8 Step right to right side, touch left next to right

(Optional arm movement: On count 4 slap left hand on right foot)

### Section 2: Grapevine ¼ left brush, rocking chair

- 1,2 Step left to left side, step right behind left
- 3,4 Make ¼ turn left stepping forward on left, brush right forward
- 5,6 Rock forward on right, recover weight on left
- 7,8 Rock back on right, recover weight on left

### Section 3: Toe strut, rock, recover, toe strut, rock, recover

- 1,2 Step right toe forward, lower right heel to ground
- 3,4 Rock forward on left, recover weight on right
- 5,6 Step left toe back, lower left heel to ground
- 7,8 Rock back on right, recover weight on left

### Section 4: Forward, hold, turn, hold, forward, hold, turn, hold

- 1,2 Step right forward, hold
- 3,4 Making ¼ turn left step left forward, hold
- 5,6 Step right forward, hold
- 7,8 Making ¼ turn left step left forward, hold

(Optional arm movement: Click fingers on the hold counts)

**Ending: 13th. wall: Make 1/8th turns in section 4 to face the front and finish with first 4 counts of section 1.**

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