

Life Lesson

Compte: 32

Mur: 4

Niveau: Absolute Beginner

Chorégraphe: Hayley Wheatley (UK) & Sophie Stevens (UK) - April 2025

Musique: Life - ConKi



Intro : 16 counts

[1-8] VINE R, TOUCH L, DIAGONAL STEP, TOUCH, DIAGONAL STEP BACK, TOUCH,

- 12 Step RF to R side (1), Step LF behind RF (2),
- 34 Step RF to R side (3) Touch LF next to RF (4)
- 56 Step LF forward to L Diagonal (5), Touch RF next to LF (6)
- 78 Step RF back to R Diagonal (7), Touch LF next to RF (8)

Optional Arms: Waving both arms from R to L (counts 5,6) and from L to R (counts 7,8)

[9-16] VINE L, TOUCH R, DIAGONAL STEP BACK, TOUCH L, FWD STEP, BRUSH

- 12 Step LF to L side (1), Step RF behind LF (2),
- 34 Step LF to L side (3) Touch RF next to LF (4)
- 56 Step RF back to R Diagonal (5), Touch LF next to RF (5)
- 78 Step LF forward (7), Brush RF (8)

Optional Arms: Waving both arms from L to R (counts 5,6) and from R to L (counts 7,8)

[17-24] ROCKING CHAIR R, PIVOT ¼ TURN x2

- 12 Rock RF forward (1), Recover on L (2)
- 34 Rock RF back (3), Recover on L (4)
- 56 Step RF forward (5), ¼ turn to L, weight on LF (6) 09:00
- 78 Step RF forward (7), ¼ turn to L, weight on LF (8) 06:00

[25-32] WEAVE L, HEEL GRIND ¼ TURN R, RECOVER L, TOUCH R, CLAP x2

- 12 Cross RF over LF (1), Step LF to LF side (2)
- 34 Cross RF behind LF (3), Step LF to L side (4)
- 56 Heel grind R w/ ¼ turn to R (5), Recover on L (6) 09:00
- 7&8 Touch RF next to LF (7), Clap twice (&8)