

REST OF MY LIFE

Description: 32 cts, 4 wall, Absolute Beginner
Choreographed by: Claire Bell, October 2018
Music: Rest of My Life by Rod Stewart (Album: "Blood Red Roses" Deluxe Version)
Intro: 40 count

SIDE, FRONT, SIDE, FLICK, GRAPEVINE RIGHT

1,2 Point right toe to right side, point right toe fwd
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)

GRAPEVINE $\frac{1}{4}$ LEFT BRUSH, ROCKING CHAIR

1,2 Step left to left side, step right behind left
3,4 Make $\frac{1}{4}$ turn left stepping fwd on left, brush right fwd
5,6 Rock fwd on right, recover weight on left
7,8 Rock back on right, recover weight on left

TOE STRUT, ROCK, RECOVER, TOE STRUT, ROCK, RECOVER

1,2 Step right toe fwd, lower right heel to ground
3,4 Rock fwd 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

STEP, HOLD, TURN, HOLD, STEP, HOLD, TURN, HOLD

1,2 Step right fwd, hold
3,4 Making $\frac{1}{4}$ turn left step left fwd, hold
5,6 Step right fwd, hold
7,8 Making $\frac{1}{4}$ turn left step left fwd, 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.

Alternative Übungsmusik:

SUSHI - JUMPIN' UP 32 cts