# Life Lesson

**Count:** 32 **Wall:** 4 **Level:** Absolute Beginner
**Choreographer:** Hayley Wheatley (UK) & Sophie Stevens (UK) - April 2025
**Music:** 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) |