

**Rest of my life**

**Count: 32 Wall: 4 Level: Absolute beginner**

**Choreographer: Claire Bell, October 2018**

**Music: Rest of my life by 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: 13<sup>th</sup>. wall: Make 1/8th turns in section 4 to face the front and finish with first 4 counts of section 1.**