

Practice Life

48 count, 4 wall, intermediate level

Choreographer: Linda Moore (N. Ireland) April 2004

Choreographed to: Practice Life by Andy Griggs,

Freedom (96 bpm)

Intro/Count In: 16 count

Section 1 Right grapevine 1/2 turn. Chasse left. Back rock.

1-4 Step right to right side. Cross left behind right. Stepping right to right.

Brush forward left making 1/2 turn right.

5&6 Step left to left side. Close right beside left. Step left to left side.

7-8 Rock back onto right. Rock forward onto left.

Section 2 Shuffle 1/2 turn left x 2. Pivot 1/2 turn left. Shuffle forward right

1&2 Shuffle stepping forward making 1/2 turn left. Stepping right left right.

3&4 Shuffle stepping back making 1/2 turn left. Stepping left right left.

5-6 Step forward right. Pivot turn left.

7&8 Stepping forward right. Close left beside right. Step forward right.

Section 3 Cross 1/4 turn back. Shuffle back left. Back rock. Shuffle forward right.

1&2 Cross left over right. 1/4 turn left stepping back onto right.

3&4 Stepping back onto left. Close right beside left. Step back left.

5-6 Rock back onto right. Rock forward onto left

7&8 Step forward right. Close left beside right. Step forward right.

Section 4 Cross 1/4 turn back. Left shuffle forward. Cross 1/4 turn back. Right shuffle forward.

1-2 Cross rock forward onto left. Rock back onto right making 1/4 turn left.

3&4 Stepping forward left. Close right beside left. Step forward left.

5-6 Cross rock forward onto right. Rocking back onto left making 1/4 turn right.

7&8 Stepping forward right. Close left beside right. Stepping forward right.

Section 5 Jazz box left. Chasse left. Rock back right.

1-2 Cross left over right. Step back onto right.

3-4 Step left to left side. Close right beside left.

5&6 Step left to left side Close right beside left. Step left to left side.

7-8 Rock back onto right. Rock forward onto left.

Section 6 Step, 1/2 pivot left. Step & Clap. Step, 1/2 pivot right. Step & Clap.

1-2 Step forward right. Half turn left.

3-4 Step forward right & clap.

5-6 Step forward left. Half turn right.

7-8 Step forward left & clap.