

Life's Lesson

64 Count, 4 Wall, Intermediate
Choreographer: Kayla Cosgrove (USA) Apr 2016
Choreographed to: Don't Be So Hard On Yourself by Jess Glynne

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Quick Start! Star dancing on the lyrics

Section 1: Step Tap, Side Shuffle ¼, Step ½, ¼ Side Shuffle (End Facing 12 O'clock)

1,2 Step R to R side(1) Tap L behind(2)

3&4 Left side shuffle R(3)L(&)R(4) making a ¼ turn left on count 4

5,6 Step left forward(5) ½ turn left(6)

7&8 Step R to R making a ½ L and side shuffle R(7) L(&) R(8)

Section 2: Back Rock Recover, & Behind Side Cross, Step 1/4 Turn, Cross Shuffle (End Facing 3 O'clock)

1,2 Rock L back slightly behind R(1) Recover to R(2)

&3 Step L to L(&) Step R behind L(3)

&4 Step L to L(&) Step R forward(4) Slightly larger step (Optional Styling: body roll up)

5,6 Step L forward(5) 1/4 R(6)

7&8 Cross L over R(7) Step R slightly to R(&) Cross L over R(8)

Section 3: Step Side, ½ Turn Torque Left, Unwind ½ Turn Right, Sweeping ½ Turn Sailor Step,

Rock Recover, Step (End Facing 9 'Clock)

1,2 Step R to R side(1) Keeping your feet in place, turn a ½ turn over L as you bend your knees to

change levels(2)

3 Unwind ½ turn R as you rise back up, starting to sweep R foot around (3)

4&5 Continuing sweep, sailor step ½ turn R stepping R behind L making ¼ R(4) Step L slightly to

L as you make a ¼ R(&) Step R slight forward(5)

6,7 Rock L forward(6) Recover back R(7)

8 Step L slightly back(8)

Section 4: Samba X2, ¼ Turn Left, ¼ Turn Left, Cross Rock Recover (End Facing 3 O'clock)

&1,2
&3,4
Step R to R side(&) Step L in place underneath you(1) Cross R over L(2)
&3,4
Step L to L side (&) Step R in place underneath you(3) Cross L over R(4)
Step R back making a ¼ turn L(5) Step L side as you make a ¼ L(6)

7,8 Cross rock R over L(7) Recover L(8)

Note: Start opening up to back corner - 4:30

Section 5: Walk X2 To The Diagonal, Side Rock Cross, Cross, ¼ Turn Left, ¾ Turn Shuffle Left Cross

(Facing 12 O'clock)

1,2 Walk forward to 4:30 R(1) Walk forward L(2)

3&4 Rock R to R side(3) Recover to L(&) Cross R over L making a 1/8 turn L Straightening out to 3 o'clock(4)

5,6 ¼ turn L as you cross L over R(5) Step L back making a ¼ turn L(6)

7&8 Shuffle ¾ turn over L stepping L to L as you make a ¼ turn L(7) Step R together as you make another

1/4 L(&) Step L across R as you make another 1/4 turn L

Section 6: Side Rock Recover, Behind Side Step With Dip, Lift, Step, Right Mambo Step (End Facing 12 O'clock)

1,2 Side Rock R to R(1) Recover to L(2)

3&4 Step R behind L(3) Step L to L side(&) Step R forward and across L as you bend the knees to dip down(4)

5,6 Bring L knee up as you raise up from dip(5) Step L forward(6)
7&8 Rock R forward(7) Recover L(&) Step R slightly back(8)

Section 7: Step Back Tap, Step Back Tap, Full Turn Back, Step Back Tap (End Facing 12 O'clock)

1,2 Step Back L(1) Tap R toes forward as you lift R hip up(2) 3,4 Step Back R(3) Tap L toes forward as you lift L hip up(4)

5,6 Make a ½ turn L stepping L forward(5) Make a 1/2 turn L stepping R back(6)

7,8 Step Back L(1) Tap R toes forward as you lift R hip up(2)

Section 8: Back Rock Recover, Walk X2 (Optional Full Turn) Mambo ½ Right, ¼ Right Side, Tap (End Facing 9

O'clock)

1,2 Rock R back(1) Recover L(2)

3,4 Walk forward R(5) Walk forward L(6) (Option: ½ turn L stepping R back(5) ½ turn L stepping L forward)

5&6 Rock R forward(5) Recover L(&) ½ turn R stepping R forward(6)

No Tags, No Restarts. Just Go!