



Rest Of My Life

32 Count, 4 Wall, Absolute Beginner

Choreographer: Claire Bell (UK) October 2018

Choreographed to: Rest Of My Life by Rod Stewart

Album: Blood Red Roses

40 count intro

S1 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

Styling Optional arm movement: On count 4 slap left hand on right foot

S2 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

S3 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

S4 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

Styling Optional arm movement: Click fingers on the hold counts

Ending on 13th wall. Make 1/8th turns in section 4 to face the front and finish with first 4 counts of S1.