

# Do This Life

Choreographer: Cathy Breed, Qld (April 2023)

Music: Do This Life      Artist: High Valley

Album: Way Back (available on iTunes)

Dance Description: 32 Count, 2 Wall High Beginner Line Dance – No Tags or Restarts

Intro: Starts after 2 Counts on word 'I'

## **SIDE SHUFFLE, BACK, ROCK, SIDE SHUFFLE, BACK, ROCK**

- 1&2      Step R to right, Step L beside right, Step R to right  
3-4      Rock L back, Rock forward onto R  
5&6      Step L to left, Step R beside left, Step L to left  
7-8      Rock R back, Rock forward onto L

## **ROCKING CHAIR, STEP, PIVOT, STEP, PADDLE**

- 1-2-3-4      Step R forward, Rock back onto L, Step R back, Rock forward onto L  
5-6-7-8      Step R forward, Turn 1/2 left weight L, Step R forward, Turn 1/4 left weight L

## **SHUFFLE FORWARD, FORWARD, ROCK, SHUFFLE BACK, BACK, ROCK**

- 1&2      Step R forward, Step L beside right, Step R forward  
3-4      Step L forward, Rock back onto R  
5&6      Step L back, Step R beside left, Step L back  
7-8      Step R back, Rock forward onto L

## **1/4 JAZZ BOX, JAZZ BOX**

- 1-2-3-4      Step R across left, Step L back, Turn 1/4 right step R forward, Step L beside right  
5-6-7-8      Step R across left, Step L back, Step R to right, Step L beside right

Start dance again! Enjoy! 😊

Free to be copied provided no changes are made to the original choreography.

Cathy Breed    0414 951 207  
[c.breed@bigpond.com](mailto:c.breed@bigpond.com)