Count: 100
Wall: 1
Level: Phrased Intermediate / Advanced
Choreographer: Xavi Barrera (ES) - June 2016
Music: The Heart of Life - Aaron Watson

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Step sheet by Xavi Barrera
Part A: 32 counts - Part B: 68 counts - TAG: }28\mathrm{ counts
Dancing Sequence: A+A + B + A+A+A + B + A+A + TAG + A+A+A, and fade of.
PART A: }32\mathrm{ counts
A1: JUMPED ROCK STEP X 2, JUMPED ROCK STEP BACK, STOMP, HOLD.
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``` Jumping, cross right in front of the left raising the left at the same time. Jumping, return your weight on the left raising the right at the same time. Jumping, cross right in front of the left raising the left at the same time. Jumping, return your weight on the left raising the right at the same time. Jumping, right back, raising the left at the same time. Jumping, return your weight on the left raising the right at the same time. Stomp right beside left. Hold.
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A2: ½ MILITARY TURN, STEP, HOLD, ½ MILITARY TURN, ROCK STEP.. 9- Touch left forward.
10- $\quad 1 / 2$ turn to the right on the right foot, keeping the weight on it.
11- Step left forward.
12- Hold.
13- Touch right foot in front of the left
14- $\quad 1 / 2$ turn to the left on the left foot, keeping the weight on it.
15- Step right forward, putting the weight on it.
16- Return the weight to the left (it doesn't move).

A3: ½ TURN TOE STRUT $x 2$, SLOW COASTER STEP, SCUFF.
17- Touch right toe back.
18- Lower the heel, making $1 / 2$ turn to the right at the same time.
19- Touch left toe forward.
20- Lower the heel, making 1/2 turn to the right at the same time.
21- Step right back.
22- Gather left beside right.
23- Step right forward.
24- Scuff (kick touching the floor) left.

A4: JUMPING ROCK STEP X 2, JUMPING ROCK STEP BACK, STOMP, HOLD.
25- Jumping, cross left in front of the right, raising the right at the same time.
26-
27-
28-
29-
30- Jumping, return your weight on the right raising the left at the same time.
31-
32Jumping, return your weight on the right, raising the left at the same time. Jumping, cross left in front of the right, raising the right at the same time. Jumping, return your weight on the right, raising the left at the same time. Jumping, left back, raising the right at the same time. Stomp left beside the right. Hold.

PART B: 68 counts

## B1: TOE STRUT X 2, TOE STRUT ¼ TURN, ½ TURN X 2.

1- Right toe to the right.

2-
3-
4-
5-
6-
7-
8Lower right heel. Cross left toe over right. Lower left heel. Right toe to the right. Lower right heel, turning $1 / 4$ turn to the right at the same time. Step left forward turning $1 / 2$ turn to the right at the same time. Right step back, turning $1 / 2$ turn to the right at the same time.

## B2: ROCK STEP X 2, JAZZBOX, STOMP.

9- Left forward putting your weight on it.
10- Return your weight on the right foot (which hasn't moved).
11- Left back putting your weight on it.
12- Return your weight on the right foot (which hasn't moved).
13- Cross left in front of the right.
14- Right step short to the right.
15- Return left to the starting point (just before crossing).
16- Stomp right beside the left.
B3: JUMPING ROCK STEP, STOMP, HOLD, ½ MILITARY TURN, STOMP, HOLD.
17- Jumping, right back, raising the left at the same time.
18- Jumping, return your weight on the left raising the right at the same time.
19- Stomp right beside the left.
20- Hold.
21- Touch right foot in front of the left.
22-
23-
24-
B4: TOE STRUT X 2, TOE STRUT ½ TURN, ½ TURN, STOMP
25- Left toe forward.
26- Lower the left heel.
27- Right toe forward.
28- Lower the right heel.
29- Left toe forward.
30- Lower the left heel, turning $1 / 2$ turn to the right at the same time.
31- Step right back, turning $1 / 2$ turn to the right at the same time.
32-
B5: TOE STRUT X 2, TOE STRUT $1 / 4$ TURN, $1 ⁄ 2$ TURN X 2. (Same as B1 to B8 counts)
33- Right toe to the right.
34- Lower right heel.
35- Cross left toe over right.
36- Lower left heel.
37- Right toe to the right.
38-
39-
40-
Lower right heel, turning $1 / 4$ turn to the right at the same time.
Step left forward turning $1 / 2$ turn at the same time.
Right step back, turning $1 / 2$ turn at the same time.
B6: ROCK STEP ½ TURN X 3, ROCK STEP.
41- Step left forward putting your weight on it.
42Return weight to the right, turning $1 / 2$ turn to the left at the same time.
43-
Step left forward putting your weight on it.

44-
45-
46-
47-
48-
B7:
49-
50-
51-
52-
53-
54-
55-
56-

Return weight to the right, turning $1 / 2$ turn to the left at the same time. Step left forward putting your weight on it.
Return weight to the right, turning $1 / 2$ turn to the left at the same time.
Step left forward putting your weight on it.
Return weight to the right (without turning).
GRAPEVINE. VAUDEVILLE.
Step left to the left.
$0-\quad$ Cross the right behind the left.
1- Step left to the left.
2- Scuff right (kick touching the floor) beside the left.
3- Cross the right foot in front the left.
4- Step left short to the left.
5- Touch right heel forward.

B8: VAUDEVILLE, $1 ⁄ 2$ MILITARY TURN, STOMP, HOLD.
57-
58-
59-
60-
61-
62-
63-
64-
Cross the left foot in front of the right.
Step right short to the right.
Touch left heel forward.
Left step beside the right.
Touch right foot in front of the left. $1 / 2$ turn to the left on the left foot, keeping the weight on it.
Stomp right beside the left.
Hold.
B9: JUMPING ROCK STEP, STOMP, HOLD.
65-
66-
Jumping, right back, raising the left at the same time.
67Jumping, return your weight on the left raising the right at the same time.

68Stomp right beside left.

TAG: 28 counts
TS1: $1 / 2$ MILITARY TURN, STEP, HOLD, GRAPEVINE.
1- Touch left foot in front of the right.
2-
3-
4-
5-
6-
7-
8-
$1 / 2$ turn to the right on the right foot, keeping the weight on it.
Step left forward.
Hold.
Step right to the right.
Cross the left behind the right.
Step right to the right.
Stomp left beside the right (keeping your weight on the right).
TS2: GRAPEVINE, ROCK STEP X 2.
9- Left step to the left.
10- Cross the right behind the left.
11- Left step to the left.
12- Right Scuff (kick touching the floor) beside the left.
13- Step right forward, putting your weight on it.
14- Return weight to the left (which hasn't moved).
15- Step right back, putting your weight on it.
16- $\quad$ Return weight to the left (which hasn't moved).
TS3: ½ MILITARY TURN, STOMP, HOLD, JUMPING ROCK STEP X 2
17- Touch right foot in front of the left.

18-
19-
20-
21-
22-
23-
24-
$1 / 2$ turn to the left on the left foot, keeping the weight on it.
9- Stomp right beside the left.
Hold.
Jumping, step right forward, raising the left at the same time.
Jumping, return your weight on the left raising the right at the same time. Jumping, step right back, raising the left at the same time.
Jumping, return your weight on the left raising the right at the same time.

## JUMPING ROCK STEP X2

25- Jumping, step right forward, raising the left at the same time.
26- Jumping, return your weight on the left raising the right at the same time.
27- Jumping, step right back, raising the left at the same time.
28- Jumping, return your weight on the left raising the right at the same time.

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