

# THE DAILY GRIND

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** —

**Choreographer:** Peter Metelnick & Alison Biggs

**Music:** C'est La Vie (Blue Version) by Shania Twain

**Dedicated to Winnie McLean on the occasion of her 80th birthday**

## **RIGHT FORWARD MAMBO STEP, LEFT BACK, RIGHT & LEFT HEEL SWITCHES, ¼ RIGHT HEEL GRIND, RIGHT BACK COASTER STEP**

- 1&2**      Rock right forward, recover weight on left, step right together
- &**      Step left back
- 3&4**      Touch right heel forward, step right together, touch left heel forward
- &**      Step left together
- 5-6**      Touch right heel forward, with weight remaining on left grind right heel ¼ right
- 7&8**      Step right back, step left together, step right forward

## **LEFT SIDE ROCK CROSS, RIGHT FORWARD & BACK TOE TOUCHES, RIGHT SIDE ROCK CROSS, SYNCOPATED LEFT FORWARD ROCK & RECOVER TURNING ½ LEFT**

- 1&2**      Rock left to left side, recover weight on right, cross step left over right
- 3-4**      Touch right toes forward, touch right toes back
- 5&6**      Rock right to right side, recover weight on left, cross step right over left
- 7&8**      Rock left forward, recover weight on right starting to turn ½ left, complete ½ left turn stepping left forward

## **RIGHT KICK BALL CROSS, RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSS STEP, LEFT KICK BALL CROSS, SYNCOPATED LEFT SIDE ROCK & RECOVER WITH LEFT CROSS STEP**

- 1&2**      Kick right forward, step right back, cross step left over right
- 3&4**      Step right to right side, turning ½ left step left to left side, cross step right over left
- 5&6**      Kick left forward, step left back, cross step right over left
- 7&8**      Rock left to left side, recover weight on right, cross step left over right

**RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSS STEP, BOX (LEFT SIDE, RIGHT TOGETHER, LEFT FORWARD, RIGHT SIDE, LEFT TOGETHER, RIGHT BACK), LEFT BACK COASTER STEP**

**1&2** Step right to right side, turning ½ left step left to left side, cross step right over left

**3&4** Step left to left side, step right together, step left forward

**5&6** Step right to right side, step left together, step right back

**7&8** Step left back, step right together, step left forward

**REPEAT**

**RESTARTS**

**On wall 2 dance counts 1-28 (you will end facing back wall) and restart**

**On wall 5 dance counts 1-28 (you will end facing left side wall) and restart**

**On wall 8 dance counts 1-28 (you will end facing front wall) and restart**