

# 25 to Life

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Tim Johnson (UK) - March 2026

Music: 25 To Life - H33RA



**[1-8] Walk R, ¼ L, right sailor heel, & cross, heels up down, 1/8th left body roll.**

- 1-2 Step R forward (1) Making a ¼ turn right, step L to left side (2) \*end facing 3
- 3&4 Step R behind L (3) Step L to left side (&) Touch R heel to right side (4)
- &5 Step down on R (&) Cross L over R (5)
- &6 In place, lift heels up (&) Drop heels down (6)
- &7-8 Making an 1/8th turn left, Step R to right side (&) Touch L next to right (7) Switch weight to L as you pop right knee (8) \*end facing 1:30

**\*\*option on counts 7-8 is to body roll down, ending the roll with the knee pop on count 8\*\***

**[9-16] Walk R, L, step turn step, ½, ½, left lock step.**

- 1-2 Walk forward R (1) Walk forward L (2)
- 3&4 Step R forward (3) Making a ½ turn left, take weight onto L (&) Step R forward (4) \*end facing 7:30
- 5-6 Making a ½ turn right, step back on L (5) making a ½ turn right, step forward on R (6)
- 7&8 Step L forward (7) lock R behind L (&) step L forward (8)

**[17-24] 1/8 R Side behind side touch, ¼, ¼, behind & sweep**

- 1-2 Making an 1/8 turn left, step R to right side (1) step L behind R (2) \*end facing 6
- 3-4 Step R to right side (3) touch L out to left side (4)
- 5-6 Making a ¼ turn left, step forward on L (5) Making a ¼ turn left, step R to right side (6) \*end facing 12
- 7&8 Step L behind R (7) Step R to right side (&) Cross L over R, as you sweep R from back to front (8)

**[25-32] Cross, hold, & behind, unwind ¾, Rock L, recover, back, back, rock**

- 1-2 Cross R over L (1) Hold (2)
- &3-4 Step L to left side (&) Touch R behind L (3) unwind ¾ over your right, taking weight onto R (4) \*end facing 3
- 5-6 Rock L forward (5) recover onto R (6)
- 7&8 Run back L (7) run back R (&) Rock back on L (8)

**End of dance, Smile and enjoy ☐**