

# Life Is A Highway

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BY STEPHEN B. T. S.

Count: 32

Wall: 4

Level: Improver

Choreographer: Kash Bane (UK)

Music: Life Is a Highway - Rascal Flatts



## LEFT SHUFFLE, 2X ¼ CHUGS, RIGHT SAILOR, STEP, SCUFF, KICK AND CLAP

- 1&2 Step left foot forward, close right foot next to left, step left foot forward  
3-4 On ball of left foot make a ¼ turn left while pointing right toe to right side, repeat  
5&6 Step right foot behind left, step left foot to left side, step right foot to right side  
&7-8 Step left foot in, scuff right foot forward, kick right forward and clap hands

## RIGHT COASTER STEP, LEFT SHUFFLE, TURNING CROSS OUTS, LEFT COASTER STEP

- 1&2 Step right foot back, close left next to right, step right foot forward  
3&4 Step left foot forward, close right foot next to left, step left foot forward  
5&6 On ball of left foot make a ¼ turn left while crossing right foot over left, step left foot to left side, step right foot to right side  
7&8 Step left foot back, close right foot to left, step left foot forward

## RIGHT SHUFFLE, SIDE MAMBO, ROCK AND TURN, FULL TURN

- 1&2 Step forward on right foot, close left foot next to right foot, step right foot forward  
3&4 Rock left foot to left side, recover onto right foot and step left foot next to right  
5&6 Rock right foot forward, recover onto left foot, make a ½ turn over right shoulder stepping forward onto right foot  
7-8 Make a ½ turn over right shoulder stepping back on left, continue to make a full turn by stepping forward on right foot

## ROCK AND CROSS, SYNCOPATED MONTEREY, ANCHOR STEP, BALL CHANGE

- 1&2 Rock left foot to left side, recover onto right foot, cross left over right  
3&4 Point right toe to right side, step right foot next to left, on ball of right foot make a ½ turn over right shoulder and point left foot to left side  
5 Cross left over right  
6&7 Rock back onto right, recover onto left, rock back onto right  
&8 Step forward onto left, step forward on right

**REPEAT**

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