

# Life Is A Highway

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Michael Diven (USA) & Lynne Flanders (USA)

Music: Life Is a Highway - Rascal Flatts



Start the dance after the first 32 counts. You will be starting the dance 8 counts before the lyrics

## ROCK, RECOVER, RIGHT COASTER STEP, STEP, TOE TOUCH, ½ TURN TWIST

- 1-2 Rock forward on right foot, recover weight back to left
- 3&4 Right coaster step in place
- 5-6 Step forward on left foot, tap right toe behind left foot
- 7&8 Twist heels left, right, left while pivoting ½ turn to the right

## STEP, TOE TOUCH, LEFT SHUFFLE, STEP, ½ PIVOT, QUICK ROCK-RECOVER-STEP

- 1-2 Step back on right foot, tap left toe across the right foot
- 3&4 Left shuffle forward stepping left, right, left
- 5-6 Step forward on right foot, pivot ½ turn to the left
- 7&8 Cross rock right over left foot, recover weight back to left and step right foot to right side

## CROSS STEP, SIDE STEP, TURNING LEFT SAILOR STEP, ROCK, RECOVER, STEP LOCK BACKWARDS

- 1-2 Cross left foot over right foot, side step right foot to the right side
- 3&4 Left sailor step with a ½ turn left stepping left, right, left
- 5-6 Rock forward on right foot, recover weight back to left
- 7&8 Step right foot back, lock left foot across right, step back on right

## TOE TOUCH, ½ PIVOT, QUICK ROCK-RECOVER-STEP, CROSS STEP, SIDE STEP, LEFT COASTER WITH ¼ TURN

- 1-2 Touch left toe back, pivot ½ turn left
- 3&4 Quick rock step right across left, recover weight back to left foot, step right foot to right side
- 5-6 Cross step left over right, right foot to right side
- 7&8 Left coaster step with a ¼ turn to the left

## REPEAT

When finishing the dance, during the last "7&8" count feel free to do a turning coaster step