

Highway Of Life

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Grant Stanley (SCO) & Emily Drydale (UK) - March 2017
音乐: Life Is a Highway - Rascal Flatts



Music available from iTunes

[1-8] CROSS ROCK, CROSS ROCK, STEP, TWIST, TWIST, COASTER STEP

- 1,2 - Cross Right over Left, Recover on Left
- &3,4 - Step Right to Right side, Cross rock Left over Right,, Recover on Right
- &5&6 - Step Left to Left side, Step forward on Right, On balls of feet twist 1/4 left, On balls of feet twist 1/4 right weight ends on left
- 7&8 - Step Right back, Left together, Step Right forward

[9-16] CROSS, BACK, SIDE ¼ , BEHIND, SIDE, CROSS, SHUFFLE FORWARD, 1/2 SHUFFLE

- 1&2 - Cross Left over Right, Step back on Right making 1/8 turn Left, Step Left to Left Side
- 3&4 - Step Right behind Left, Step Left to Left side making 1/8 turn Left, Cross Right over Left
- 5&6 - Step forward on Left, Step Right together, Step forward on Left
- 7&8 - Step back on Right making 1/2 Turn Left, Step Left together, Step back on Right

[17-24] COASTER STEP, SIDE ROCK & CROSS, SIDE ROCK & CROSS, STEP 1/4 CROSS

- 1&2 - Step Left back, Right together, Step Left forward
- 3&4 - Rock Right to Right side, Recover on Left, Cross Right over Left (Travelling Forward)
- 5&6 - Rock Left to Left side, Recover on Right, Cross Left over Right (Travelling Forward)
- 7&8 - Step forward on Right, 1/4 turn Left, Cross Right over Left

[25-32] SIDE SHUFFLE 1/4, TOE, HEEL, CROSS, ROCK 1/2 TURN, CROSS SHUFFLE

- 1&2 - Step Left to Left side, Right together, Step 1/4 turn Left
- 3&4 - Touch Right toe to Right side, Touch Right heel in fron, Cross Right over Left
- 5&6 - Rock forward Left, Recover on Right, 1/2 turn Left stepping forward on Left
- 7&8& - Cross Right over Left, Step Left to Left side, Cross Right over Left, Step Left to Left side

Start dance again

Happy Dancing

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