

# Life Is A Highway

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Life Is a Highway - Rascal Flatts



## KICK STEP, ROCK STEP, KICK STEP, ROCK STEP, ROCK ¾ TURN SAILOR

1&2&      Kick left, step left, side rock right to right side, recover left  
3&4&      Kick right, step right, side rock left to left side., recover right  
5-6      Turn ¼ turn right rock weight onto left recover onto right  
7&8      ¾ turning sailor step to the left by crossing left behind right (¼ turn), step in place right (¼ turn), step slightly forward left (¼ turn)

When doing 5-8 you can teach it like a cross over rock with a ½ turning sailor if that is easier. Either way you still face 6:00 when you are done

## FORWARD & BACK ROCKS, SHUFFLE, TAPS, SIDE SHUFFLE

1&2&      Step right to front, recover weight on left, step right to back, recover weight on left  
3&4      Shuffle forward right, left, right  
5-6      Keeping weight on right, touch left to left side, cross touch left over right  
7&8      Shuffle to the left stepping left, right, left

There is a tag & restart here on the 9th wall (but you really don't have to do it). If you do, you need to do an extra right step together on & (7&8&)

## JAZZ BOX TWICE, KNEE WAGS

1&2&      Cross right over left, step back left, step side right, step front left  
3&4&      Cross right over left, step back left, step back right, tap together left  
5&6      On a left diagonal press left toe forward, swivel left knee to right (wag), swivel left knee to left as you place weight on left  
7&8      On a right diagonal press right toe forward, swivel right knee to left (wag), swivel right knee to right as you place weight on right

## ROCK RECOVER TURNING SHUFFLE TWICE

1-2      Rock forward left, recover weight to right  
3&4      ½ turn left doing a shuffle step left, right, left  
5-6      Rock forward right, recover weight to left  
7&8      ½ turn right doing a shuffle step left, right, left

## REPEAT

## TAG

After the 7th wall (required) and after 16 counts of 9th wall (not required)

1-2      Step left forward, pivot ½ turn to the right stepping on right  
3-4      Step left forward, pivot ½ turn to the right stepping on right

Begin again