

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