

# Life Is A Highway

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Kash Bane (UK)  
音乐: 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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