

# Life's A Highway

COPPER KNOB  
STEPPERS

拍数: 68      墙数: 0      级数:  
编舞者: Steve Morrison (CAN)  
音乐: Life Is a Highway - Tom Cochrane



Dedicated to my brother Dan, who inspired me to dance and to choreograph; and to Deb Crew, who encouraged and helped me to express my creativity while working together on "New Jack Swing".

## CHARLESTON SWIVELS

The swivels resemble the same movement used in the dance "The Mashed Potato"

- 1-4      Touch right toe forward, step back on right, touch left toe back, step forward on the left
- 5-8      Touch right toe forward, step back on right, touch left toe back, step forward on the left

## TWISTER VINE

- 9-10      Step side right, left behind
- &11      Step side right, crossing left over right (cross-ball-change-weight is now on left)
- 12      Cross right over left
- 13-14      Step side left; right behind
- &15      Step side left, crossing right over left (cross-ball-change-weight is now on right)
- 16      Cross left over right

## SHUFFLES & ROCK-STEPS

- 17&18      ¼ turn to the right on first step of 3-step shuffle (right-left-right)
- 19&20      One 3-step, shuffle forward while ½ turning to the right (left-right-left)
- 21&22      One 3-step shuffle forward while ½ turning to the right (right-left-right)
- 23-24      Rock forward on the left, back on the right
- 25&26      One 3-step shuffle while ½ turning to the left (left-right-left)
- 27&28      One 3-step shuffle forward while ½ turning to the left (right-left-right)
- 29&30      One 3-step shuffle forward while ½ turning to the left (left-right-left)
- 31-32      Rock forward on right, back on left

## PRETZEL STEPS (MOVING BACKWARDS)

- 33      Cross right over left
- &34      Step back on left, touching right heel forward
- &35      Step back on right, crossing left over right (cross-ball-change - weight is now on left)
- &36      Step back on right, touching left heel forward
- &37      Step back on left, crossing right over left (cross-ball-change-weight in now on right)
- &38      Step back on left, touching right heel forward
- &39      Step back on right, crossing left over right (cross-ball-change - weight is now on left)
- &40      Step back on right, touch left heel forward

## HAT DANCE WITH DOUBLE KICKS

- &41      Step down left and kick right forward
- &42      Step down on right, kick left forward
- &43-44      Step down on left and kick right forward twice
- &45      Step down on right and kick left foot forward
- &46      Step down on left and kick right foot forward
- &47-48      Step down on right and kick left foot forward twice
- &49      Step side left, crossing right over left (step-cross: weight in now on right)
- 50      Step ¼ turn left with left foot
- 51-52      Two right kicks

## HAT DANCE WITH DOUBLE KICKS

- &53 Step down on right and kick left foot forward  
&54 Step down on left and kick right foot forward  
&55-56 Step down on right and kick left foot forward twice  
&57 Step down on left and kick right foot forward  
&58 Step down on right and kick left foot forward  
&59-60 Step down on left and kick right foot forward twice
- &61 Step side right, crossing left over right (step-cross: weight in now on left)  
62 Step  $\frac{1}{4}$  turn right with right foot  
63-64 Two left kicks
- 65-66 Rock forward on the left, back on right  
67-68  $\frac{1}{2}$  turn pivot to the left on the left foot, touch right beside left (weight on left)

**REPEAT**

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