

# Life's A Ride

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4  
编舞者: Alan Haywood (UK)  
音乐: Just a Ride - Jem



Choreographed by request for our friend Jane

## LEFT FORWARD, LOCK RIGHT, LEFT FORWARD LOCKSTEP, RIGHT FORWARD MAMBO, SHUFFLE ½ LEFT

- 1-2      Step left forward, lock right behind left
- 3&4      Step forward onto left, lock right behind left, step forward onto left
- 5&6      Rock forward onto right, recover weight back onto left, step right next to left
- 7&8      Shuffle ½ turn left stepping left-right-left

## LUNGE, RECOVER, RIGHT BEHIND AND ACROSS, SIDE ROCK, RECOVER ¼ RIGHT, TRIPLE FULL TURN RIGHT

- 1-2      Lunge forward onto right, recover weight back onto left
- 3&4      Step right behind left, step left to left side, step right across left
- 5-6      Rock left to left side (lean), recover making ¼ right
- 7&8      Make triple full turn right, stepping left-right-left (easy option left forward shuffle)

## TAP, KICK, RIGHT BACK SHUFFLE, ROCK BACK, RECOVER, TRIPLE FULL TURN RIGHT

- 1-2      Tap right toe forward in front of left, kick right forward
- 3&4      Step right back, close left next to right, step right back
- 5-6      Rock back onto left (lean), recover weight forward onto right
- 7&8      Make triple full turn right, stepping left-right-left (easy option left forward shuffle)

## SWAY HIPS RIGHT, LEFT, RIGHT-LEFT-RIGHT, LEFT BACK, RIGHT OVER, LEFT BACK, CROSS RIGHT OVER UNWIND FULL TURN LEFT

- 1-2      Stepping right slightly forward, sway hips right forward left back
- 3&4      Sway hips right forward left back right forward
- 5-6      Step left back, cross step right over left
- 7-8      Step back onto left, cross right over left and unwind full turn left (1 count, weight ending on right, straight into start of dance)

**REPEAT**

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