

# Life is a Highway

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver / Intermediate  
编舞者: Jodie Lavinia Cope (UK) - May 2012  
音乐: Life Is a Highway - Rascal Flatts



Count in – After 50 counts – begin on vocals “ life’s like a road that you travel on”

**(1-8) Cross, Side rock & Cross, Side rock & cross, Back, ¼ left, Cross.**

1, 2 &                      Cross left over right(1), Rock right to right side(2), Recover weight onto left(&)  
3, 4 &                      Cross right over left(3), Rock left to left side(4), Recover weight onto right(&)  
5 – 6                      Cross left over right(5), Step back on right(6),  
7 – 8                      Make a ¼ turn left stepping left to left side(7)9:00, Cross right over left(8)

**(9-16) Side, close, Side, Back rock, Recover, Side, Behind, ¼ right, step forward, Rock forward, Recover**

1 & 2                      Step left to left side(1), Step right next to left(&), Step left to left side(2)  
3 – 4                      Rock right behind left(3), Recover weight onto left(4)  
5 – 6                      Step right to right side(5), Cross left behind right(6)  
& 7                      Make a ¼ turn right stepping forward on right(&) 12:00 Step forward on left(7)  
8 &                      Rock forward on right(8), Recover weight onto left(&),

**(17-24) Back shuffle, Left Coaster step, Step forward, Forward left shuffle, Rock forward, Recover.**

1 & 2                      Step back on right(1) Step left next to right(&), Step back on right(2),  
3 & 4                      Step back on left(3), Step right next to left(&), Step forward on left(4),  
5                      Step forward on right(5),  
6 & 7                      Step forward on left(6), Step right next to left(&), Step forward on left(7),  
8 &                      Rock forward on right(8), Recover weight onto left(&),

**(25-32) 1 & ¾ turn right, Behind, side, cross, Side rock, Recover, Behind, Side.**

1                      Make ½ turn right stepping forward on right(1),6:00  
2                      Make ½ turn right stepping back on left(2) 12:00  
&                      Make ½ turn right stepping back on right (&) 6:00  
3                      Make a ¼ turn right stepping left to left side(3),9:00  
4 & 5                      Step right behind left(4), Step left to left side(&), Cross right over left(5),  
6 – 7                      Rock left to left side(6), Recover weight onto right(7),  
8 &                      Cross left behind right(8), Step right to right side(&)

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