

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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