

Life Is A Highway

COPPER KNOB
BY STEPHEN T. S.

拍數: 32 牆數: 4 級數: Improver
編舞者: Kash Bane (UK)
音樂: 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
