

# Life Is A Highway

**COPPER KNOB**  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Michael Diven (USA) & Lynne Flanders (USA)  
音樂: Life Is a Highway - Rascal Flatts



Start the dance after the first 32 counts. You will be starting the dance 8 counts before the lyrics

## ROCK, RECOVER, RIGHT COASTER STEP, STEP, TOE TOUCH, ½ TURN TWIST

1-2            Rock forward on right foot, recover weight back to left  
3&4           Right coaster step in place  
5-6           Step forward on left foot, tap right toe behind left foot  
7&8           Twist heels left, right, left while pivoting ½ turn to the right

## STEP, TOE TOUCH, LEFT SHUFFLE, STEP, ½ PIVOT, QUICK ROCK-RECOVER-STEP

1-2            Step back on right foot, tap left toe across the right foot  
3&4           Left shuffle forward stepping left, right, left  
5-6           Step forward on right foot, pivot ½ turn to the left  
7&8           Cross rock right over left foot, recover weight back to left and step right foot to right side

## CROSS STEP, SIDE STEP, TURNING LEFT SAILOR STEP, ROCK, RECOVER, STEP LOCK BACKWARDS

1-2            Cross left foot over right foot, side step right foot to the right side  
3&4           Left sailor step with a ½ turn left stepping left, right, left  
5-6           Rock forward on right foot, recover weight back to left  
7&8           Step right foot back, lock left foot across right, step back on right

## TOE TOUCH, ½ PIVOT, QUICK ROCK-RECOVER-STEP, CROSS STEP, SIDE STEP, LEFT COASTER WITH ¼ TURN

1-2            Touch left toe back, pivot ½ turn left  
3&4           Quick rock step right across left, recover weight back to left foot, step right foot to right side  
5-6           Cross step left over right, right foot to right side  
7&8           Left coaster step with a ¼ turn to the left

## REPEAT

When finishing the dance, during the last "7&8" count feel free to do a turning coaster step