

Life's A Highway

拍數: 68 牆數: 0 級數:
編舞者: Steve Morrison (CAN)
音樂: Life Is a Highway - Tom Cochrane



Dedicated to my brother Dan, who inspired me to dance and to choreograph; and to Deb Crew, who encouraged and helped me to express my creativity while working together on "New Jack Swing".

CHARLESTON SWIVELS

The swivels resemble the same movement used in the dance "The Mashed Potato"

- 1-4 Touch right toe forward, step back on right, touch left toe back, step forward on the left
- 5-8 Touch right toe forward, step back on right, touch left toe back, step forward on the left

TWISTER VINE

- 9-10 Step side right, left behind
- &11 Step side right, crossing left over right (cross-ball-change-weight is now on left)
- 12 Cross right over left
- 13-14 Step side left; right behind
- &15 Step side left, crossing right over left (cross-ball-change-weight is now on right)
- 16 Cross left over right

SHUFFLES & ROCK-STEPS

- 17&18 ¼ turn to the right on first step of 3-step shuffle (right-left-right)
- 19&20 One 3-step, shuffle forward while ½ turning to the right (left-right-left)
- 21&22 One 3-step shuffle forward while ½ turning to the right (right-left-right)
- 23-24 Rock forward on the left, back on the right
- 25&26 One 3-step shuffle while ½ turning to the left (left-right-left)
- 27&28 One 3-step shuffle forward while ½ turning to the left (right-left-right)
- 29&30 One 3-step shuffle forward while ½ turning to the left (left-right-left)
- 31-32 Rock forward on right, back on left

PRETZEL STEPS (MOVING BACKWARDS)

- 33 Cross right over left
- &34 Step back on left, touching right heel forward
- &35 Step back on right, crossing left over right (cross-ball-change - weight is now on left)
- &36 Step back on right, touching left heel forward
- &37 Step back on left, crossing right over left (cross-ball-change-weight in now on right)
- &38 Step back on left, touching right heel forward
- &39 Step back on right, crossing left over right (cross-ball-change - weight is now on left)
- &40 Step back on right, touch left heel forward

HAT DANCE WITH DOUBLE KICKS

- &41 Step down left and kick right forward
- &42 Step down on right, kick left forward
- &43-44 Step down on left and kick right forward twice
- &45 Step down on right and kick left foot forward
- &46 Step down on left and kick right foot forward
- &47-48 Step down on right and kick left foot forward twice
- &49 Step side left, crossing right over left (step-cross: weight in now on right)
- 50 Step ¼ turn left with left foot
- 51-52 Two right kicks

HAT DANCE WITH DOUBLE KICKS

- &53 Step down on right and kick left foot forward
&54 Step down on left and kick right foot forward
&55-56 Step down on right and kick left foot forward twice
&57 Step down on left and kick right foot forward
&58 Step down on right and kick left foot forward
&59-60 Step down on left and kick right foot forward twice
- &61 Step side right, crossing left over right (step-cross: weight in now on left)
62 Step $\frac{1}{4}$ turn right with right foot
63-64 Two left kicks
- 65-66 Rock forward on the left, back on right
67-68 $\frac{1}{2}$ turn pivot to the left on the left foot, touch right beside left (weight on left)

REPEAT
