

# Life's A Ride

**COPPER** **KNOB**  
BY REQUEST

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Alan Haywood (UK)  
音樂: Just a Ride - Jem



Choreographed by request for our friend Jane

## LEFT FORWARD, LOCK RIGHT, LEFT FORWARD LOCKSTEP, RIGHT FORWARD MAMBO, SHUFFLE ½ LEFT

1-2            Step left forward, lock right behind left  
3&4           Step forward onto left, lock right behind left, step forward onto left  
5&6           Rock forward onto right, recover weight back onto left, step right next to left  
7&8           Shuffle ½ turn left stepping left-right-left

## LUNGE, RECOVER, RIGHT BEHIND AND ACROSS, SIDE ROCK, RECOVER ¼ RIGHT, TRIPLE FULL TURN RIGHT

1-2            Lunge forward onto right, recover weight back onto left  
3&4           Step right behind left, step left to left side, step right across left  
5-6           Rock left to left side (lean), recover making ¼ right  
7&8           Make triple full turn right, stepping left-right-left (easy option left forward shuffle)

## TAP, KICK, RIGHT BACK SHUFFLE, ROCK BACK, RECOVER, TRIPLE FULL TURN RIGHT

1-2            Tap right toe forward in front of left, kick right forward  
3&4           Step right back, close left next to right, step right back  
5-6           Rock back onto left (lean), recover weight forward onto right  
7&8           Make triple full turn right, stepping left-right-left (easy option left forward shuffle)

## SWAY HIPS RIGHT, LEFT, RIGHT-LEFT-RIGHT, LEFT BACK, RIGHT OVER, LEFT BACK, CROSS RIGHT OVER UNWIND FULL TURN LEFT

1-2            Stepping right slightly forward, sway hips right forward left back  
3&4           Sway hips right forward left back right forward  
5-6           Step left back, cross step right over left  
7-8           Step back onto left, cross right over left and unwind full turn left (1 count, weight ending on right, straight into start of dance)

**REPEAT**