

# Lifes A Ride

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Alan Haywood (UK) - August 2005  
音樂: Lifes a Ride - Jem : (CD Single or from the Finally Woken Album)



## 28 count intro, start on vocals

### Section 1      **L forward, lock R, L forward lockstep, R forward mambo, shuffle 1/2 L**

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 1/2 turn left stepping LRL

### Section 2      **Lunge, recover, R behind and across, side rock, recover 1/4 R, triple full turn R**

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 1/4 right  
7&8      Make triple full turn right, stepping LRL (easy option left forward shuffle)

### Section 3      **Tap, kick, R back shuffle, rock back, recover, triple full turn R**

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 LRL (easy option left forward shuffle)

### Section 4      **Sway hips R, L, RLR, L back, R over, L back, cross R over unwind full turn L**

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)

END OF DANCE ? ENJOY! NO TAGS OR RESTARTS!

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