

# Life is a Highway

拍數: 32      牆數: 4      級數: Improver / Intermediate  
編舞者: Jodie Lavinia Cope (UK) - May 2012  
音樂: Life Is a Highway - Rascal Flatts



Count in – After 50 counts – begin on vocals “ life’s like a road that you travel on”

**(1-8) Cross, Side rock & Cross, Side rock & cross, Back, ¼ left, Cross.**

1, 2 &      Cross left over right(1), Rock right to right side(2), Recover weight onto left(&)  
3, 4 &      Cross right over left(3), Rock left to left side(4), Recover weight onto right(&)  
5 – 6      Cross left over right(5), Step back on right(6),  
7 – 8      Make a ¼ turn left stepping left to left side(7)9:00, Cross right over left(8)

**(9-16) Side, close, Side, Back rock, Recover, Side, Behind, ¼ right, step forward, Rock forward, Recover**

1 & 2      Step left to left side(1), Step right next to left(&), Step left to left side(2)  
3 – 4      Rock right behind left(3), Recover weight onto left(4)  
5 – 6      Step right to right side(5), Cross left behind right(6)  
& 7      Make a ¼ turn right stepping forward on right(&) 12:00 Step forward on left(7)  
8 &      Rock forward on right(8), Recover weight onto left(&),

**(17-24) Back shuffle, Left Coaster step, Step forward, Forward left shuffle, Rock forward, Recover.**

1 & 2      Step back on right(1) Step left next to right(&), Step back on right(2),  
3 & 4      Step back on left(3), Step right next to left(&), Step forward on left(4),  
5      Step forward on right(5),  
6 & 7      Step forward on left(6), Step right next to left(&), Step forward on left(7),  
8 &      Rock forward on right(8), Recover weight onto left(&),

**(25-32) 1 & ¾ turn right, Behind, side, cross, Side rock, Recover, Behind, Side.**

1      Make ½ turn right stepping forward on right(1),6:00  
2      Make ½ turn right stepping back on left(2) 12:00  
&      Make ½ turn right stepping back on right (&) 6:00  
3      Make a ¼ turn right stepping left to left side(3),9:00  
4 & 5      Step right behind left(4), Step left to left side(&), Cross right over left(5),  
6 – 7      Rock left to left side(6), Recover weight onto right(7),  
8 &      Cross left behind right(8), Step right to right side(&)

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