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Life Is A Highway

32 count, 2 wall, intermediate level Choreographer: Barry Durand (USA) July 2006 Choreographed to: Life Is a Highway BY Rascal Flatts

48 count intro.

Note: This song has phrasing that could suggest an A,B type dance or a 48 count dance with restarts all over the place, but it dances fine with a 32 count dance and only one tag is required after the 7th wall. There is an optional tag and restart in the 9th wall but not necessary. You can dance through it and the song just ends soon anyway. Enjoy.

Kick Step, Rock Step, Kick Step, Rock Step, Rock 3/4 Turn Sailor 1-8

- 1&2& Kick L, step L, side rock R to right side, recover L
- 3&4& Kick R, step R, side rock L to left side., recover R
- Turn 1/4 turn right rock weight onto L recover onto R 5,6
- 7&8 3/4 turning sailor step to the left by crossing L behind R (1/4 turn), step in place R (1/4 turn), step slightly forward L (1/4 turn)

When doing 5-8 you can teach it like a cross over rock with a ½ turning sailor if that is easier. Either way you still face 6:00 when you are done.

9-16 Forward & Back Rocks, shuffle, cross rock, crossing shuffle

- 1&2& step R to front, recover weight on L, step R to back, recover weight on L
- 3&4 Shuffle forward R,L,R
- 5,6 Keeping weight on R, touch L to left side, cross touch L over R
- 7&8 Shuffle to the Left L, R, L

there is a tag & restart here on the 9th wall (but you really don't have to do it) if you do you need to do an extra R step together on & (7&8&)

17-24 Jazz Box x2, Knee Wags

- 1&2& Cross R over L, step back L, step side R, step front L
- 3&4& Cross R over L, step back L, step back R, tap together L
- 5&6 On a left diagonal press L toe forward, swivel L knee to right (wag),

swivel L knee to left as you place weight on L.

7&8 On a right diagonal press R toe forward, swivel R knee to left (wag),

swivel R knee to right as you place weight on R.

25-32 Rock Recover Turning Shuffle x2

- 1, 2 Rock forward L, recover weight to R
- 3&4 1/2 turn left doing a shuffle step L, R, L
- 5, 6 Rock forward R, recover weight to L
- 7&8 1/2 turn right doing a shuffle step L, R, L

Tag here after the 7th wall (required) and after 16 counts of 9th wall (not required)

- Step L forward, pivot 1/2 turn to the right stepping on R 1,2
- 3.4 Step L forward, pivot 1/2 turn to the right stepping on R

Music download available from itunes