Web site:www.linedancermagazine.com
E-mail: admin@linedancermagazine.com

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 7 th 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.

1-8 Kick Step, Rock Step, Kick Step, Rock Step, Rock 3/4 Turn Sailor
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 $R$
5,6 Turn $1 / 4$ turn right rock weight onto $L$ recover onto $R$
$7 \& 8 \quad 3 / 4$ 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 $1 / 2$ 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 $R$
$3 \& 4 \quad 1 / 2$ turn left doing a shuffle step $L, R, L$
5, $6 \quad$ Rock forward $R$, recover weight to $L$
$7 \& 8 \quad 1 / 2$ 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)
1,2 Step L forward, pivot $1 / 2$ turn to the right stepping on $R$
$3,4 \quad$ Step $L$ forward, pivot $1 / 2$ turn to the right stepping on $R$

Music download available from itunes

