

# Life's A Highway

Count: 68

Wall: 0

Level:

Choreographer: Steve Morrison (CAN)

Music: Life Is a Highway - Tom Cochrane



Dedicated to my brother Dan, who inspired me to dance and to choreograph; and to Deb Crew, who encouraged and helped me to express my creativity while working together on "New Jack Swing".

## CHARLESTON SWIVELS

The swivels resemble the same movement used in the dance "The Mashed Potato"

- 1-4 Touch right toe forward, step back on right, touch left toe back, step forward on the left
- 5-8 Touch right toe forward, step back on right, touch left toe back, step forward on the left

## TWISTER VINE

- 9-10 Step side right, left behind
- &11 Step side right, crossing left over right (cross-ball-change-weight is now on left)
- 12 Cross right over left
- 13-14 Step side left; right behind
- &15 Step side left, crossing right over left (cross-ball-change-weight is now on right)
- 16 Cross left over right

## SHUFFLES & ROCK-STEPS

- 17&18  $\frac{1}{4}$  turn to the right on first step of 3-step shuffle (right-left-right)
- 19&20 One 3-step, shuffle forward while  $\frac{1}{2}$  turning to the right (left-right-left)
- 21&22 One 3-step shuffle forward while  $\frac{1}{2}$  turning to the right (right-left-right)
- 23-24 Rock forward on the left, back on the right
- 25&26 One 3-step shuffle while  $\frac{1}{2}$  turning to the left (left-right-left)
- 27&28 One 3-step shuffle forward while  $\frac{1}{2}$  turning to the left (right-left-right)
- 29&30 One 3-step shuffle forward while  $\frac{1}{2}$  turning to the left (left-right-left)
- 31-32 Rock forward on right, back on left

## PRETZEL STEPS (MOVING BACKWARDS)

- 33 Cross right over left
- &34 Step back on left, touching right heel forward
- &35 Step back on right, crossing left over right (cross-ball-change - weight is now on left)
- &36 Step back on right, touching left heel forward
- &37 Step back on left, crossing right over left (cross-ball-change-weight is now on right)
- &38 Step back on left, touching right heel forward
- &39 Step back on right, crossing left over right (cross-ball-change - weight is now on left)
- &40 Step back on right, touch left heel forward

## HAT DANCE WITH DOUBLE KICKS

- &41 Step down left and kick right forward
- &42 Step down on right, kick left forward
- &43-44 Step down on left and kick right forward twice
- &45 Step down on right and kick left foot forward
- &46 Step down on left and kick right foot forward
- &47-48 Step down on right and kick left foot forward twice
- &49 Step side left, crossing right over left (step-cross: weight is now on right)
- 50 Step  $\frac{1}{4}$  turn left with left foot
- 51-52 Two right kicks

## **HAT DANCE WITH DOUBLE KICKS**

- |        |   |
|--------|---|
| &53    | Step down on right and kick left foot forward                                       |
| &54    | Step down on left and kick right foot forward                                       |
| &55-56 | Step down on right and kick left foot forward twice                                 |
| &57    | Step down on left and kick right foot forward                                       |
| &58    | Step down on right and kick left foot forward                                       |
| &59-60 | Step down on left and kick right foot forward twice                                 |
|        |   |
| &61    | Step side right, crossing left over right (step-cross: weight in now on left)       |
| 62     | Step ¼ turn right with right foot   |
| 63-64  | Two left kicks  |
|        |   |
| 65-66  | Rock forward on the left, back on right   |
| 67-68  | ½ turn pivot to the left on the left foot, touch right beside left (weight on left) |

## **REPEAT**

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