

# Lifes A Ride

**COPPER** KNOB  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Alan Haywood (UK) - August 2005

**Music:** 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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