

# Life Is Like a Runway

**COPPER** **KNOB**  
BY STEPHEN METELNICK

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Alison Metelnick (UK) & Peter Metelnick (UK) - August 2024

**Musique:** Choose Your Fighter - Ava Max : (Amazon)



**No tags or restarts**

**Start after 36 count intro – approx. 17secs – track 2mins 18secs – 140bpm**

**[1-8] R/L forward toe/heel struts, R rocking chair**

1-4 Touch R toes forward, step R heel down, touch L toes forward, step L heel down

5-8 Rock R forward, recover weight on L, rock R back, recover weight on L

**[9-16] R forward, hold, ¼ L pivot turn, hold, R jazz box**

1-2 Step R forward, hold

3-4 Turning ¼ left, hold (9 o'clock)

5-8 Cross step R over L, step L back, step R side, step L forward

**[17-24] R forward, hold, ¼ L pivot turn, L weave with ¼ L turn**

1-2 Step R forward, hold

3-4 Turning ¼ left, hold (6 o'clock)

5-8 Cross step R over L, step L side, cross R behind L, turning ¼ left step L forward (3 o'clock)

**[25-32] Step or jump R/L apart, hold, step or jump R/L back together, hold, step R diagonal forward, step L diagonal forward, step R back to place, step L back to place (in other words a V step on counts 29-32)**

&1-2 Step or jump R apart, step or jump L apart, hold

**Non syncopated option: step R apart, step L apart**

&3-4 Step or jump R back to place, step or jump L back to place, hold

**Non syncopated option: step R in place, step L in place**

5-8 Step R forward on right diagonal, step L side on left diagonal, step R back, close left together

**Have fun & enjoy!**