

LIFE IS A HIGHWAY

Artist: Rascal Flatts
 CD: *Cars* Soundtrack
 Level: High Intermediate

Original Choreography: Josh King
 Additional Chroecography: Elaine Bender

4 Lines of dancers facing front.

INTRO

4 counts – Bounce with Right Knee popped.
 4 counts- Pop Let Knee with arms “driving” in that direction.

Ghostbuster to face right or left. DS Double in Double out S S S S (full turn) Kick/Bend DS RS
 L R R R L R L R R LR

½ Hop-Toe Vine DS DS (xif) DS Hop (full turn) Toe Step DS DS RS RS
 Fancy Double L R L L R R L R LR LR

Double Twist Double-Bounce Hop Ball/Heel Clap S RS DS RS DS RS
 2 Basics (to face L B R L R R LR L RL R LR
 direction you came from) &a 1 & 2 & 3 &4 &a5 &6 &a7 &8

REPEAT SAME FOOTWORK. Use 2 Basics to face front.

PART A

Double Rooster (moving L) DS DS(xif) Rock Step (xib) Rock Step (xif) REPEAT
 L R L R L R

Double-up Turn DS Double up (turning ½) DS Brush up DS DS Stamp Lift RS
 My Love L R R L L R L L LR

REPEAT SAME FOOTWORK to face front.

PART B

Triple Jump DS DS DS Tch Jump Spin (full turn L) Step RS RS Clap
 Syncho L L L R B L R LR LR
 &a1 &a2 &a3 & 4 5 6 e& a7 8

2 Basics DS RS DS RS (backing up) DS DS DS DS (full turn)
 4 Running Doubles turn L RL R LR L R L R

PART C

Skuffits DS Skuff Hop Step Skuff Hop S RS Dble-Dble Dble-Dble Dble-Dble Dble-up
 Dble-dbles L R L R L R L RL R R L L R R L L
 &a1 e & 2 e & 3 &4 & 5 & 6 & 7 & 8

Shave and a Haircut Step DS(xif) Step Rock(ots)Step DS DS DS RS
 Triple L R L R L R L R LR

Make 2 lines on triple (moving forward or back).

REPEAT. This time the 2 lines switch on the Triples.

PART A

Double Rooster, Double-up Turn. On My-Love split each row so that there are 4 lanes again.

PART B

Triple Jump, Syncho, 2 Basics, 4 Running Doubles full turn.

PART C

Skuffits, Double-Doubles, Shave and a Haircut, Triple

ENDING – Go to Formation

Two Rocking Chairs (claps)	DS	Brush up	DS	RS	Repeat
	L	R	R	LR	

4 X Boogie Basics	DS	RS (xib)	DS	RS (xib)
	L	RL	R	LR

Quick Turkeys	H/B	Step (xib)	Step	H/B	Step
	L	R	L	R	L

Stomp Double	Stomp	DS	DS	Rock Step
	R	L	R	L R

Repeat Quick Turkeys and Stomp Double

POSE