

LIFE'S A RIDE

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Alan Haywood

Music: Just A Ride by Jem

Choreographed by request for our friend Jane

LEFT FORWARD, LOCK RIGHT, LEFT FORWARD LOCKSTEP, RIGHT FORWARD MAMBO, SHUFFLE ½ LEFT

- 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 ½ turn left stepping left-right-left

LUNGE, RECOVER, RIGHT BEHIND AND ACROSS, SIDE ROCK, RECOVER ¼ RIGHT, TRIPLE FULL TURN RIGHT

- 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 ¼ right
- 7&8** Make triple full turn right, stepping left-right-left (easy option left forward shuffle)

TAP, KICK, RIGHT BACK SHUFFLE, ROCK BACK, RECOVER, TRIPLE FULL TURN RIGHT

- 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 left-right-left (easy option left forward shuffle)

SWAY HIPS RIGHT, LEFT, RIGHT-LEFT-RIGHT, LEFT BACK, RIGHT OVER, LEFT BACK, CROSS RIGHT OVER UNWIND FULL TURN LEFT

- 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)

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=e-ID28000