

Life is a Highway

Matt Sexton

intermediate Plus +

CD: Cars Soundtrack by Rascal Flatts- Walt Disney Records
Choreo: **Matt Sexton**, CCI 1200 Kennesaw Drive, Johnson City, TN 37615
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Music: Country Remake
Sequence: Wait 40 Beats – A – B – C – A – B – C – C – D – Break – E – B – Break – C – C – C – D

Part A(32 Beats)

Summey Ds Ds Dt S H Ba Ba Sl R Ds S Ds S S
Loop T(xif) S Loop S Hl S H Ba Ds S R Ds R R
2 Basics Turn 360 on 2 Basics and Fancy/ Repeat All Opposite Footwork
Fancy Double

Part B(16 Beats)

Ghostbuster Ds S S R
Dt(xif) Dt(ots) R R Br K Ds S

Turn ½ on two Rock Steps and Repeat the Ghostbuster to Face Front

Part C(32 Beats)

Buck Skuff Ds H S Hop T Ba Sk Up R
T Ba Sk Up To(xif) Up To(ots) Up S H S S

Quick Dbls DS Dt Dt Dt Back(1/2 L) Ds S
Double Up Dt Dt Dt Dt Up R Ba Sl
Repeat All to Face Front

Part D(32 Beats)

Stomp Vine Ds Stmp Stmp R K(turn ¾ L) Ds S R
2 Basics Ds(xif) Stmp(xib) Ds S R Ds S(turn ¾ L)

Mtn. Goat Ds S S
R(xif) R(ots) Ba Sl
Repeat All to Face Front

Break(4 Beats)- 2 Canadian Basics (L and R)

Part E(32 Beats)

Gallop Front Ds T Ba T Ba T Ba Ds R
Hp Hp Hp Stmp Ds S(turn ¾ R)
Repeat 3 Times to Form a Box