

Life's a Ride

32 Count – 4 wall – intermediate

28 count intro, start on vocals

Choreographed by Alan Haywood (UK) (August 2005)

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Choreographed to “Just a Ride” by JEM, cd single or from the ‘Finally Woken’ album
93bpm

Choreographed by request for our friend Jane.

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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