

Life Is A Rodeo

Count: 32

Wall: 4

Level: Improver

Choreographer: Dan Albro (USA) - March 2020

Music: Life Is a Rodeo (feat. James Lann) - Mr Jay



Intro: 32 counts – Start on the word “Buddy”

[1-8] CROSS, TOUCH, CROSS, TOUCH, CROSS, BACK, SIDE, CROSS (Figure Eight)

1,2,3,4 Cross step R over L, touch L toe side, cross step L over R, touch R toe side
5,6,7,8 Cross step R over L, step back L, step angle back R, cross step L over R 12:00

[9-16] SHUFFLE SIDE, ROCK, REPLACE, ¼ TURN, ½ TURN, ¼ SHUFFLE SIDE

1&2,3,4 Step side R, step L next to R, step side R, Rock back L, replace weight on R
5,6 Turn ¼ right stepping back on L, turn ½ right stepping fwd R
7&8 Turn ¼ right stepping side L, step R next to L, step side L 12:00

[17-24] ROCK, REPLACE, KICK, BALL, CROSS, STEP SIDE, BUMP, BUMP, KICK

1,2 Cross rock R behind L, replace weight on L
3&4 Kick R angle fwd, step back on ball of R, cross step L over R
5,6,7,8 Step side R, bump hips R, bump hips R, kick R fwd 12:00

[25-32] BACK, TOUCH(CLAP), BACK, TOUCH(CLAP), STEP ¼ PIVOT, STEP ½ PIVOT

1,2 Step back R, touch L next to R(clap hands)
3,4 Step back L, touch R next to L(clap hands)
5,6,7,8 Step fwd R, pivot ¼ left(weight L), step fwd R, pivot ½ left(weight L) 3:00

Fun Options during the Chorus

1-4 “Flying High” Raise arms up
9-11 “Pick Yourself Up” Lower arms than raise them
22-24 “Dust Yourself Off” Right hand brushes left arm twice than right knee
29-32 “Life is a Rodeo” Raise right hand and make a circle motion(Lasso)