

Lifelines

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Gaye Teather (UK) & Val Myers (UK) - August 2017

Musik: Lifelines - Rodney Atkins : (Album: Take A Back Road)



Intro: 32 counts, Start on Vocals. (No Tags or Restarts)

Music available from iTunes etc.

Toe-Strut Forward. Kick-Ball-Step. Toe-Strut Forward. Kick-Ball-Step

- 1 - 2 Touch Right toe forward. Drop heel
- 3&4 Kick Left foot forward. Step Left beside Right. Small step forward on Right
- 5 - 6 Touch Left toe forward. Drop heel
- 7&8 Kick Right foot forward. Step Right beside Left. Small step forward on Left

Mambo-Step. Hitch. Coaster-Cross. Flick

- 1 - 2 Rock forward on Right. Recover onto Left
- 3 - 4 Step back on Right. Hitch Left
- 5 - 6 Step back Left. Step Right beside Left
- 7 - 8 Cross Left over Right. Turning to face Left diagonal, flick Right foot back

Cross. Side. Cross. Flick. Cross. Side. Cross. Hold

- 1 - 2 Facing Left diagonal cross Right over Left. Step Left to Left side
- 3 - 4 Cross Right over Left. Turning to face Right diagonal, flick Left foot back
- 5 - 6 Facing Right diagonal cross Left over Right. Step Right to Right side
- 7 - 8 Cross Left over Right. Hold

Scissor-Step. Hold. Scissor-Step Quarter Turn. Hold

- 1 - 2 Squaring up to face 12 o'clock step Right to side. Step Left beside Right
- 3 - 4 Cross Right over Left. Hold
- 5 - 6 Step Left to side. Quarter turn Right stepping Right beside Left (3 o'clock)
- 7 - 8 Step forward on Left. Hold

Start Again:

Contact: vmyers@dsl.pipex.com – 07958 962 007

Note:- Lifelines was written specifically for a line dance marathon organised in order to raise funds for "The Air Ambulance" by Honky Tonk Stompers of Bridport and Musbury, Dorset