

Lifelines

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Easy Improver NC2S
编舞者: Sebastiaan Holtland (NL) - January 2022
音乐: Lifeline - Westlife : (iTunes etc.)



no tags or restarts.

Introduction: Slow 16 counts, start approx 13 sec.

Part 1. [1-8] Syncopated Weave R ¼ Turn R, L Step with Sweep R, Cross, Side, Back Rock R, ¼ Turn L, Back Rock L.

1,2& Step Rf to R (1), Step Lf behind Rf (2), Make ¼ turn R (3.00) and step Rf to R (&).
3 Step Lf fwd and sweep Rf From back to front (3).
4& Step Rf across Lf (4), Step Lf to L (&).
5,6& Rock Rf back (5), Recover back onto Lf (6), Make ¼ turn L (12.00) step Rf back (&).
7,8 Rock Lf back (7), Recover back onto Rf (8).

Part 2. [9-16] Syncopated Weave L with Step Sweep L, Cross, Side, Back Rock L, ¼ Turn R, Back Rock R.

1,2& Step Lf to L (1), Step Rf behind Lf (2), Step Lf to L (&).
3 Step Rf fwd and sweep Lf From back to front (3).
4& Step Lf across Rf (4), Step Rf to R (&).
5,6& Rock Lf back (5), Recover back onto Rf (6), Make ¼ turn R (3.00) step Lf back (&).
7,8 Rock Rf back (7), Recover back onto Lf (8).

Part 3. [17-24] Basic Nightclub R, Big Step L, Back Rock R ¼ Turn L, Basic Nightclub R, Step L ¼ Turn L, Touch Together.

1,2& Step Rf to R (1), Drag Lf together Rf (2), Step Rf across Lf (&).
3,4& Step Lf big to R (3), Rock Rf back (4), Make ¼ turn L (12.00) recover back onto Lf (&).
5,6& Step Rf to R (5), Drag Lf together Rf (6), Step Rf across Lf (&).
7,8 Make ¼ turn L (9.00) step Lf fwd (7), Touch Rf beside Lf (8).

Part 4. [25-32] B Syncopated Weave R, L Step with Sweep R, Cross, Side, R Back, Hold (Free Styling), L Step Lock Step ¼ L.

1,2& Step Rf to R (1), Step Lf behind Rf (2), Step Rf to R (&).
3 Step Lf fwd and sweep Rf From back to front (3).
4& Step Rf across Lf (4), Step Lf to L (&).
5,6 Step Rf back (5), Hold (6) (free styling movements).
7&8 Make ¼ turn L (6.00) step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

REPEAT THE DANCE AND HAVE FUN!!