

Lifeline

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 2 级数: Easy Improver
编舞者: Tia Fueter (CH) - December 2023
音乐: Lifeline - Glockenbach & Ella Henderson



Intro: 16 counts

S1: CROSS ROCK L, SIDE CHASSÉ L, CROSS ROCK R, SIDE CHASSÉ R with ¼ TURN R

1-2 Cross left over right, recover on right
3&4 Step left to the side, close right next to left, step left to the side
5-6 Cross right over left, recover on left
7&8 Step right to right side, close left next to right, ¼ turn right stepping forward on right

S2: TRIPLE ¼ TURN R, BACK ROCK R, KICK BALL CHANGE R X2

1&2 ¼ turn right stepping left to left side, Step right next to left, ¼ turn right stepping back on left
3-4 Rock back on right, recover on left
5&6 Kick right forward, close right next to left, shift weight to left
7&8 Kick right forward, close right next to left, shift weight to left

S3: TOE STRUT R, ½ TURN R TOE STRUT L, ¼ TURN R TOE STRUT R, CROSS ROCK L

1-2 Touch right toe forward, drop right heel (3:00)
3-4 ½ Turn right, touch left toe back, drop left heel (9:00)
5-6 ¼ Turn right, touch right toe to the right side, drop right heel (6:00)
7-8 Cross left over right, recover on right

S4: SIDE L, BEHIND R, ¼ TURN L, STEP ½ TURN, ¼ TURN, BEHIND L, SIDE R

1-2 Step left to left side, Cross right behind left
3-4 ¼ turn left stepping forward on left, step forward on right
5-6 Step Pivot ½ turn left, ¼ turn left step right to right side
7-8 Cross left behind right, step right to right side

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