

Lifelines

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gaye Teather (UK) & Val Myers (UK) - August 2017
音樂: 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:

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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