

# Lifelines

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Easy Improver NC2S  
編舞者: Sebastiaan Holtland (NL) - January 2022  
音樂: 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!!**