

# Lifeline

COPPER KNOB  
BYEPOSTETS

拍數: 32      牆數: 2      級數: Easy Improver  
編舞者: Tia Fueter (CH) - December 2023  
音樂: 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

Contact: [tiafueter@live.com](mailto:tiafueter@live.com)