

## Lifeline

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 2 Wall Advanced Level Dance.

Choreographed by: Niels Poulsen (DK) May 2021

Choreographed to: Lifeline by Anastacia

Intro: 4 Counts. Start on vocal at approx 4 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

## I dedicate this dance to anybody who has been affected by cancer in any way

SEC 1 1 2&a3 4&a5 6a7 8a	1/4 SWEEP KICK, SAILOR 1/4 R, FWD HITCH, RUN BACK, 1/4 L LUNGE, 1 1/4 R SWEEP, CROSS SIDE  Recover back on L turning 1/4 R and kicking R out to R side (3:00)  Start turning 1/4 R crossing R behind L, finish turn stepping L next to R, step R fwd, step L fwd hitching R knee (6:00)  Step R back, step L back, step R back, turn 1/4 L lunging L to L side (3:00)  Recover on R turning 1/4 R, turn 1/2 R stepping L back, turn 1/2 R stepping R fwd and sweeping L fwd (6:00)  Cross L over R, step R to R side
SEC 2	BACK ROCK, SIDE BEHIND, SWAY L, HEEL TWIST, SWEEP ¾ L, TWINKLE ¼ R, L ROCK DRAG, ¼ L
1-2 &a3 4-5	Rock back on L opening up in body to L diagonal, recover on R (4:30)  Square up to 6:00 stepping L to L side, cross R behind L, step L to L side swaying body to L side (6:00)  Recover on R twisting L heel to L side prepping body to R diagonal, turn 3/4 L on L sweeping R fwd (9:00)
Restart	Wall 3, Dance up to and including count 13 then dance Tag 1 and restart
6&a 7-8a	Cross R over L, rock L to L side, recover on R turning ½ R (10:30)  Rock L fwd dragging R towards L, recover back on R, turn ½ L stepping L to L side (7:30)
Restart	Wall 6, Dance up to and including count 16 then dance tag 2 and restart
SEC 3	STEP BRUSH HITCH, BACK LR, L BACK ROCK, FULL TURN R, PENCIL 3/8 R, PRISSY WALKS, 1/2 SWEEP
1-2a 3-4	Step R fwd brushing L foot fwd and hitching L knee, step L back, step R back Rock back on L, recover on R
a5e Note	Turn ½ R stepping L back, turn ½ R stepping R fwd, touching L next to R turn ¾ R on R foot (12:00)  The ¾ turn is done the very second you step down on R on count 5
6-7 8	Step L fwd and slightly in front of R, step R fwd and slightly in front of L Turn ½ R on R stepping back on L and sweeping R from front to back (6:00)
<b>SEC 4</b> 1&a	R SAILOR, L TWINKLE, FWD SWEEP, CROSS BACK, L BACK ROCK, ¼ R & LOCK, ¼ L FWD, ROCK R Cross R behind L, rock L to L side, recover on R
2&a3	Cross L over R, rock R to R side, recover on L, step R fwd sweeping L fwd
4a	Cross L over R, step back on R
5-6 a7	Rock back on L, recover fwd onto R  Turn ¼ R stepping L to L side, cross lock R behind L (9:00)
8a	Turn ¼ L stepping L fwd, rock R fwd (6:00)
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Tag 1	On wall 3 (starts at 12:00), after count 13 (your sweep ¾ turn), add the following tag then restart <b>TWINKLE</b> ¼ <b>R, WALK L, ROCK R FWD</b>
6&a 7-8	Cross R over L, rock L to L side, recover on R turning ¼ R Walk L fwd, rock R fwd
Tag 2	On Wall 6, after 16 Counts, add the following then restart  3 L, STEP 1/2 L, FULL TURN L X 2, ROCK R FWD
a1-2	Change the ¼ L to a ¾ L stepping L fwd, step R fwd, turn ½ L onto L
a3	Turn ½ L stepping back on R, turn ½ L stepping L fwd,
a4a	Turn ½ L stepping back on R, turn ½ L stepping L fwd, rock R fwd
Ending	Wall 8 is your last wall After counts 19-20 turn % of a turn to square up to 12:00

