

Lifeline

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Type of dance: 32 counts, 2 walls, int/adv
 Music: **Lifeline** by Anastacia. 112 bpm. Track length: 4.02. Buy on iTunes etc
 Intro: 4 counts from beginning of track. App. 4 secs. into track. Start with weight **FWD** on R foot
 Tag 1 and 2: On walls 3 and 6 (starts facing 12:00). Both tags are described at the bottom of the sheet
 NOTE: I dedicate this dance to anybody who has been affected by cancer in any way... ♡♡♡

Counts	Footwork	End facing
1 – 8	¼ sweep kick, sailor ¼ R, fwd hitch, run back, ¼ L lunge, 1 ¼ R sweep, cross side	
1	Recover back on L turning ¼ R and kicking R out to R side (1)	3:00
2&a3	Start turning ¼ R crossing R behind L (2), finish turn stepping L next to R (&), step R fwd (a), step L fwd hitching R knee (3)	6:00
4&a5	Step R back (4), step L back (&), step R back (a), turn ¼ L lunging L to L side (5)	3:00
6a7	Recover on R turning ¼ R (6), turn ½ R stepping L back (a), turn ½ R stepping R fwd and sweeping L fwd at the same time (7)	6:00
8a	Cross L over R (8), step R to R side (a)	6:00
9 – 16	Back rock, side behind, sway L, heel twist, sweep ¾ L, twinkle 1/8 R, L rock drag, ¼ L	
1 – 2	Rock back on L opening up in body to L diagonal (1), recover on R (2)	4:30
&a3	Square up to 6:00 stepping L to L side (&), cross R behind L (a), step L to L side swaying body to L side (3)	6:00
4 – 5	Recover on R twisting L heel to L side that way turning/prepping body to R diagonal (4), turn ¾ L on L sweeping R fwd (5)	9:00
6&a	Cross R over L (6), rock L to L side (&), recover on R turning 1/8 R (a) ... * Wall 3: Change of steps + tag 1 and restart, see note below for details	10:30
7 – 8a	Rock L fwd dragging R towards L (7), recover back on R (8) *, turn ¼ L stepping L to L side (a) ... * Wall 6: Tag 2 + restart, see note below for details	7:30
17 – 24	Step brush hitch, back LR, L back rock, full turn R, pencil 3/8 R, prissy walks, ½ sweep	
1 – 2a	Step R fwd brushing L foot fwd and hitching L knee (1), step L back (2), step R back (a)	7:30
3 – 4	Rock back on L (3), recover on R (4)	7:30
a5e	Turn ½ R stepping L back (a), turn ½ R stepping R fwd (5), touching L next to R turn 3/8 R on R foot (e) - Note: the 3/8 turn is done the very second you step down on R on count 5	12:00
6 – 8	Step L fwd and slightly in front of R (6), step R fwd and slightly in front of L (7), turn ½ R on R stepping back on L and sweeping R from front to back (8)	6:00
25 – 32	R sailor, L twinkle, fwd sweep, cross back, L back rock, ¼ R & lock, ¼ L fwd, rock R	
1&a	Cross R behind L (1), rock L to L side (&), recover on R (a)	6:00
2&a3	Cross L over R (2), rock R to R side (&), recover on L (a), step R fwd sweeping L fwd (3)	6:00
4a	Cross L over R (4), step back on R (a)	6:00
5 – 6	Rock back on L (5), recover fwd onto R (6)	6:00
a7	Turn ¼ R stepping L to L side (a), cross lock R behind L (7)	9:00
8a	Turn ¼ L stepping L fwd (8), rock R fwd (a)	6:00
Start again 😊		

Tag 1	On wall 3 (starts at 12:00), after count 13 (your sweep ¾ turn), add the following tag: Twinkle ¼ R, walk L, rock R fwd: Cross R over L (6), rock L to L side (&), recover on R turning ¼ R (a) Walk L fwd (7), rock R fwd (8) ... Then RESTART facing 12:00	12:00
Tag 2	On wall 6, after 16 counts, add the following tag: 3/8 L, step ½ L, full turn L X 2, rock R fwd Change the ¼ L to a 3/8 L stepping L fwd (a), step R fwd (1), turn ½ L onto L (2) Turn ½ L stepping back on R (a), turn ½ L stepping L fwd (3), turn ½ L stepping back on R (a), turn ½ L stepping L fwd (4), rock R fwd (a) ... Then RESTART facing 12:00	12:00
Ending	Wall 8 is your last wall. After counts 19-20 turn 7/8 of a turn to square up to 12:00	12:00