

## Lifelines.

Name of Dance: Lifelines..

Choreographed by: Sebastiaan Holtland, Netherlands

Song: **Lifeline** (Track on iTunes & other mp3 sites) (approx 3.32 mins). Music: **Westlife** (Album 2021).

Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)

Published: January 2022. 32 counts, 2 Wall, Easy Improver NC2S level line dance. with 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!!**