# Lifelines



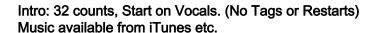
Compte: 32

**Mur:** 4

Niveau: Beginner

Chorégraphe: Gaye Teather (UK) & Val Myers (UK) - August 2017

**Musique:** Lifelines - Rodney Atkins : (Album: Take A Back Road)



## Toe-Strut Forward. Kick-Ball-Step. Toe-Strut Forward. Kick-Ball-Step

- 1 2 Touch Right toe forward. Drop heel
- 3&4 Kick Left foot forward. Step Left beside Right. Small step forward on Right
- 5 6 Touch Left toe forward. Drop heel
- 7&8 Kick Right foot forward. Step Right beside Left. Small step forward on Left

#### Mambo-Step. Hitch. Coaster-Cross. Flick

- 1 2 Rock forward on Right. Recover onto Left
- 3 4 Step back on Right. Hitch Left
- 5 6 Step back Left. Step Right beside Left
- 7 8 Cross Left over Right. Turning to face Left diagonal, flick Right foot back

#### Cross. Side. Cross. Flick. Cross. Side. Cross. Hold

- 1 2 Facing Left diagonal cross Right over Left. Step Left to Left side
- 3 4 Cross Right over Left. Turning to face Right diagonal, flick Left foot back
- 5 6 Facing Right diagonal cross Left over Right. Step Right to Right side
- 7 8 Cross Left over Right. Hold

#### Scissor-Step. Hold. Scissor-Step Quarter Turn. Hold

- 1 2 Squaring up to face 12 o'clock step Right to side. Step Left beside Right
- 3 4 Cross Right over Left. Hold
- 5 6 Step Left to side. Quarter turn Right stepping Right beside Left (3 o'clock)
- 7 8 Step forward on Left. Hold

### Start Again:

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Note:- Lifelines was written specifically for a line dance marathon organised in order to raise funds for "The Air Ambulance" by Honky Tonk Stompers of Bridport and Musbury, Dorset

