

Lifeline

Choreographed by Travis Taylor

Music: Lifeline by Reuben Gray

Dance Description: 32 Counts, 2 Walls, Intermediate Level Line Dance



INTRO: Almost straight away, you will start as soon as the second piano hits on the lyrics. You will need to get familiar with the music first so you can get use to it.

BACK/ROCK – FWD - 1/2 R BACK - 1/2 R FWD – PIVOT 1/2 R – SWEEP – SWEEP – CROSS SAMBA CROSS

- 1-2 Rock R back slightly lifting L off the ground, Replace weight on L
3&4& Step R fwd, 1/2 R Stepping L back, 1/2 R Stepping R fwd, Step L fwd (prep to Pivot)
5-6 1/2 R Pivot weight on R Sweeping L around, Step L fwd Sweeping R around
7&8& Cross R over L, Rock L to L side, Replace weight on R, Cross L over R

R NC2S BASIC – BIG ROLL OVER R SHOULDER – COASTER STEP – FWD/DRAW

- 1-2& Step R to R side, Rock L behind R, Replace weight on R
3-4& 1/4 R Stepping L back, 1/2 R Stepping R fwd, 1/2 R Stepping L back
5-6 1/2 R Stepping R fwd, 1/2 R Stepping L back
Note: Make the above turns not so rigid, blend the turns as much as you can
7&a8 Step R back, Step L together, Step R fwd, Step L fwd as you drag R up to L

WALK R – WALK – PIVOT 1/2 L – ROCK FWD/REPLACE – BACK/SWEEP – BACK/SWEEP – BEHIND 1/4 L FWD ROCK FWD/REPLACE

- 1-2 Step R fwd dragging L, Step L fwd dragging R (no sweeps)
3&4& Step R fwd, 1/2 L Pivot weight on L, Rock R fwd, Replace weight on L
5-6 Step R back Sweeping L around, Step L back Sweeping R around
7a8a Step R behind L, 1/4 L Stepping L fwd, Rock R fwd, Replace weight on L

BACK LOCK & BACK LOCK & BACK ROCK/REPLACE – PIVOT 1/2 L – ROCK FWD/REPLACE

- 1-2a Step R back on R 45 dragging L, Cross L over R, Step R back on R 45,
3-4a Step L back on L 45 dragging R, Cross R over L, Step L back on L 45
5-6 Rock R back, Replace weight on L
7&8& Step R fwd, 1/2 L Pivot weight on L, Rock R fwd, Replace weight on L

TAGS at the end of Walls 1 & 3 – add the following 8 Counts (both facing 6:00)

BACK ROCK & 1/4 BACK ROCK & BEHIND 1/4 FWD PIVOT 1/2 L – ROCK FWD/REPLACE

- 1-2& Rock R back, Replace weight on L, 1/4 L Stepping R to R side
3-4& Rock L behind R, Replace weight on L, Step L to L side
5&6& Step R behind L, 1/4 L Stepping L fwd, Step R fwd, 1/2 L Pivot weight on L
7-8 Rock R fwd, Replace weight on L

RESTART on Wall 5 at Count 24 (facing 12:00)

One of my favourite things about this song is as the song progresses, the music will build up. The timing will be a little tricky the first few times you dance it, but the heavy beats after a few walls will really sync up the more you familiarise yourself with the music.