

Lifeline

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate / Advanced



Choreographer: Niels Poulsen (DK) - June 2021

Music: Lifeline - Anastacia

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... ❤️❤️

[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
a5 e 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: 12:00

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

Tag 2: On wall 6, after 16 counts, add the following tag: 12:00

: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

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