

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Gaye Teather and Val Myers (UK) - August 2017

Music: Lifelines by Rodney Atkins – Take A Back Road: Album

Intro: 32 counts, Start on Vocals. (No Tags or Restarts)

Music available from iTunes etc.

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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=120109