

# How To Save A Life

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**Count:** 48

**Wall:** 4

**Level:** Phrased Intermediate NC

**Choreographer:** Vincent Ng (Sept 2013)

**Music:** How To Save A Life by The Fray

## Intro: 16 Counts

**SEQUENCE: BONUS, 32, 32, BONUS\*\*\*, 32, 32, 32, 16, 32, 32, 32, 32, BONUS, 32, 32, 32, 32, ENDING**

**NOTE: This is an anticlockwise line dance. It is a mixture of Basic Nightclub and West Coast Swing steps.**

**The BONUS\*\*\* is where you dance up to the counts of 8&, then square up to the original wall and carry on with the west coast steps.**

**The other 16 counts (\*\*\*) occur in the west coast steps. Instead of stepping R foot to R side, POINT R toes to R side, and begin again.**

**For the ending, just do a L pivot ½ turn R and pose.**

## BONUS (16 COUNTS) - NIGHTCLUB STEPS

**SEC 1: BACK & SWEEP, BEHIND SIDE CROSS & KICK, BACK, ½ I, R FORWARD ROCK, RECOVER, ½ R, L FORWARD, FULL TURN L**

- 1** Step R foot back while sweeping L foot from front to back (12.00)
- 2&3** Cross L foot behind R foot, step R foot to R side, cross L foot over R foot while kicking R foot to R diagonal (1.00)
- 4&5** Step R foot back, turn ½ L stepping L foot forward, rock R foot forward (7.00)
- 6&7** Recover weight on L foot, turn ½ R stepping R foot forward, step L foot forward (1.00)
- 8&** Turn ½ L stepping R foot back, turn ½ L stepping L foot forward \*\*\* (1.00)

**SEC 2: R NIGHTCLUB BASIC, SIDE STEP, QUICK BODY SWAY WITH LOOK, CROSS, ROCK & ¼ R, L FORWARD, PIVOT ¼ L**

- 1-2&** Square up to front wall stepping R foot to R side, rock L foot behind R foot slightly crossing behind R foot, cross R foot over L foot (12.00)
- 3** Step L foot to L side

- 4& Do a quick body sway R and L side (in the meantime, turn head to  $\frac{1}{4}$  R and  $\frac{1}{4}$  L)
- 5 Cross R foot over L foot
- 6&7 Rock L foot to L side, turn  $\frac{1}{4}$  R recovering weight on R foot, step L foot forward
- 8& Step R foot forward, turn  $\frac{1}{4}$  L

### **MAIN DANCE (32 COUNTS) - WEST COAST STEPS**

#### **SEC 1: CROSS WEAVE, STEP TOUCH, KICK BALL CROSS**

- 1-4 Cross R foot over L foot, step L foot to L side, cross R foot behind L foot, step L foot to L side, cross R foot over L foot (12.00)
- 5-8 Step L foot to L side, touch R toes beside L foot, kick R foot to R diagonal, step R foot in place, cross L foot over R foot (12.00)

#### **SEC 2: $\frac{1}{4}$ TURN L X2, CROSS ROCK & RECOVER, $\frac{1}{4}$ R, SWEEP, CROSS SIDE**

- 1-4 Turn  $\frac{1}{4}$  L stepping R foot back, turn another  $\frac{1}{4}$  L stepping L foot to L side, cross rock R foot over L foot, recover weight on R foot (6.00)
- 5-8 Turn  $\frac{1}{4}$  R stepping R foot forward, sweep L foot from back to front, cross L foot over R foot, \*\*\* step R foot to R side (9.00)

#### **SEC 3: BALL JAZZ BOX CROSS, SYNCOPATED COASTER STEP, PIVOT $\frac{1}{2}$ TURN R**

- &1-4 Step L foot beside R foot, cross R foot over L foot, step L foot back, step R foot to R side, cross L foot over R foot (9.00)
- &5-8 Step R foot back, step L foot next to R foot, step R foot forward, step L foot forward, turn  $\frac{1}{2}$  R (3.00)

#### **SEC 4: $\frac{1}{4}$ R, BALL CROSS, $\frac{1}{4}$ R, STEP, BACK ROCK & RECOVER, STEP KICK, COASTER STEP**

- &1-4 Turn  $\frac{1}{4}$  R stepping L foot to L side, cross R foot over L foot, turn another  $\frac{1}{4}$  R stepping L foot back, rock R foot back, recover weight on L foot (9.00)
- 5-8 Step R foot forward, kick L foot forward, step L foot back, step R foot beside L foot, step L foot forward (9.00)

**For music or any other inquiry, kindly contact: [vincent\\_ngdance@yahoo.com](mailto:vincent_ngdance@yahoo.com)**