

# HOW TO SAVE A LIFE



**Choreographed by** David Hoyn & Travis Taylor (Australia)

**Music:** How To Save A Life by The Fray (Single Mix – 4.00mins)

**Dance Description:** 64 Counts, 2 Walls, Intermediate Level

**Restarts at Count 48 on Walls 2 & 4 (both to face 12:00)**

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## **INTRO: 16 COUNTS**

### **SIDE DRAG/HOLD & CROSS – SIDE – ROCK BACK/REPLACE – 1/4 BACK – 1/2 FWD**

- 1-2 Step R to R side dragging L, Hold
- &3-4 Step L ball next to R, Cross R over L, Step L to L side
- 5-6 Rock R behind L, Replace weight on L
- 7-8 1/4 L Stepping R back, 1/2 L Stepping L fwd (3:00)

### **WALK – WALK – PIVOT 1/4 L – CROSS – SIDE – BEHIND – 1/4 L FWD**

- 1-4 Walk fwd R, Walk fwd L, Step R fwd, 1/4 L Pivot weight on L (12:00)
- 5-8 Cross R over L, Step L to L side, Step R behind L, 1/4 L Stepping L fwd (9:00)

### **1/2 BACK SWEEP – L BEHIND – 1/8 R FWD – STEP L/HITCH R – BACK R – BACK L**

- 1-2 1/2 L Stepping R back sweeping L around, hold for count 2 continuing to sweep L around (3:00)
- 3-4 Step L behind R, 1/8 R Stepping R fwd (4:30)
- 5-6 Step L fwd slowing raising R into a hitch over counts 5-6
- (Chorus walls – he sings ‘up with you all night’)*
- 7-8 Step R back, Step L back

### **BACK/HOLD – L FWD – 1/2 BACK – 1/2 FWD/SWEEP 1/8 L – CROSS R – SIDE L**

- 1-2 Rock R back as you look over your R shoulder & hold for count 2 (see note below)
- (during this section in the first verse, he sings ‘smiles gladly back at you’ – think of this as a ‘smile back at you’)*
- 3-4 Step L fwd, 1/2 L Stepping R back
- 5-6 1/2 L Stepping L fwd sweeping R into a 1/8 L over counts 5-6 (3:00)
- 7-8 Cross R over L, Step L to L side

### **SAILOR STEP – L BEHIND – R 1/4 FWD – PIVOT 1/2 R – SHUFFLE FWD L**

- 1&2 Step R behind L, Step L to L side, Step R to R side
- 3-4 Step L behind R, 1/4 R Stepping R fwd (6:00)
- 5-6 Step L fwd, 1/2 R Pivot weight on R (12:00)
- 7&8 Step L fwd, Step R together, Step L fwd

### **ROCK FWD/REPLACE – 1/2 R FWD – TOUCH – SIDE TOUCH – ROLL FULL TURN R**

- 1-2 Rock R fwd, Replace weight on L
- 3-4 1/2 R Stepping R fwd, Touch L together (6:00)
- 5-6 Step L to L side, Touch R together
- 7-8-1 1/4 R Stepping R fwd, 1/2 R Stepping L back, 1/4 R Stepping R to R side (6:00)

### **L CROSS – R BACK – L SIDE – R CROSS/HOLD & BEHIND – 1/4 L FWD**

- 2-3-4 Cross L over R, Step R back, Step L to L side
- 5-6 Cross R over L, Hold
- &7-8 Step L to L side (&), Step R behind L, 1/4 L Stepping L fwd (3:00)

### **ROCK FWD/REPLACE 1/2 R FWD ROCK/REPLACE 1/2 L FWD – PIVOT 3/4 L**

- 1-2-3 Rock R fwd, Replace weight on L, 1/2 R Stepping R fwd (9:00)
- 4-5-6 Rock L fwd, Replace weight on R, 1/2 L Stepping L fwd (3:00)
- 7-8 Step R fwd, 3/4 L Pivot weight on L (6:00)

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**Note: We prefer to use the ‘Single’ mix as you will clean finish on the front!  
If you were to use the Album version, you will restart in the same places (2 & 4 facing 12:00)  
However, you won’t have a clean finish to the front wall.**

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