West Coast



Count: 32 Wand: 2 Ebene: novice - Smooth - West coast

swing

Choreograf/in: Shauni Dankers (BEL) - November 2019

Musik: West Coast (feat. Layton) - Lyfes



Start: after 32 counts

[1-8] WALK R - L, SIDE ROCK WALK R-L, TURN 1 1/4

1 RF step forward
2 LF step forward
& RF rock to the R side
3 Recover back on LF
4 RF step forward
5 LF step forward

6 Turn ½ to right side (6:00), put weight on RF
7 Turn ½ to right side (12:00), LF step backward
8 Turn ¼ to right side (3:00), RF step to R side

[9-16] CROSS, SIDE, CROSS, SIDE ROCK, CROSS, SIDE, CROSS, CLOSE

1 Cross LF over RF

2 RF step R

3 Cross LF over RF

& RF rock to the right side4 Recover back on LF

5 Cross RF over LF

6 LF step L

7 Cross RF over LF8 LF close next to RF

[17-24] WALK R, TURN 1/4, WEAVE, BODYROLL X2, FLICK

1 RF step forward

2 Turn ¼ to the right (6:00) and LF step to the left side

Cross RF behind LF
 LF step to L side
 Cross RF over LF

5-6 LF Step diagonal forward (4:30) make a forward bodyroll over to R

7-8 Repeat bodyroll, end with weight on RF end flick LF

[25-32] JAZZ BOX X2, ROCK BACKWARD, SPIRAL TURN X2

LF cross over RF 1 & RF step backward 2 Step LF to side 3 RF cross over LF & LF step backward 4 Step RF next to LF 5 LF rock backward 6 Recover back on RF

7 LF step forward, full turn right side (weight on LF), sweeping RF from back to front

& RF step forwards

8 LF step forward, full turn right side (weight on LF), sweeping RF from back to front

TAG: AFTER WALL 4

1 RF step forward
2 LF rock forward
& Recover back on RF
3 LF step backward
4 RF rock backward
& Recover back on LF

HAVE FUN!