

# 30-A Rocks!

Count: 80

Wand: 2

Ebene: Upper Beginner

Choreograf/in: Shanthie De Mel (AUS) - August 2011

Musik: Life Shines (The 30A Song) - Bryan Kennedy : (3:38)



**Begin: Wt.on left foot.16 count Intro. Start on lyrics – “ shines”**

**Note: this dance is done at half time. It has 80 counts to maintain phrasing.**

**The step groups are mirrored, with holds after each count. It's not as hard as it looks!**

Scenic Route 30-A is an 18-mile road that hugs the panhandle coastline (Gulf of Mexico) in Northwest Florida. Along this breath-taking drive you will see sugar-white sand beaches and some very rare coastal dune lakes. You will also discover a number of beach communities that are known for their relaxed, upscale lifestyle. Every beach along scenic Route 30-A is a Blue Wave Beach. 30-A is not a place, but a way of life!

Split floor dance to Intermediate dance FLORIDA SHINES by Shanthie De Mel, to the same music.

## VINE RIGHT WITH HOLDS. HOOK. HOLD.

1, 2, 3, 4 Step R to right side. Hold. Step L behind R. Hold.

5, 6, 7, 8 Step R to right side. Hold. Hook L over R shin. Hold. (12:00)

## STOMP. HOLD. TAP. HOLD. STEP. HOLD. HEEL. HOLD

1, 2, 3, 4 Stomp L fwd. Hold. Tap R toe behind L. Hold.

5, 6, 7, 8 Step R heel down. Hold. Touch L heel fwd. Hold. (12:00)

## VINE LEFT WITH HOLDS. HOOK. HOLD.

1, 2, 3, 4 Step L to left side. Hold. Step R behind L. Hold.

5, 6, 7, 8 Step L to left side. Hold. Hook R over L shin. Hold.(12:00)

## STOMP. HOLD. TAP. HOLD. STEP. HOLD. HEEL. HOLD

1, 2, 3, 4 Stomp R fwd. Hold. Tap L toe behind R. Hold.

5, 6, 7, 8 Step L heel down. Hold. Touch R heel fwd. Hold. (12:00)

## ROCKING CHAIR WITH HOLDS

1, 2, 3, 4 Rock R fwd. Hold. Return L. Hold.

5, 6, 7, 8 Rock R back. Hold. Return L. Hold. (12:00)

## SIDE. HOLD. SIDE. HOLD. CROSS. HOLD. POINT. HOLD

1, 2, 3, 4 Step R to right side with a sway. Hold. Step L to left side with a sway. Hold.

5, 6, 7, 8 Cross R over L. Hold. Point L to left side. Hold. (12:00)

## ROCKING CHAIR WITH HOLDS

1, 2, 3, 4 Rock L fwd. Hold. Return R. Hold.

5, 6, 7, 8 Rock L back. Hold. Return R. Hold.(12:00)

## SIDE. HOLD. SIDE. HOLD. CROSS. HOLD. POINT. HOLD

1, 2, 3, 4 Step L to left side with a sway. Hold. Step R to right side with a sway. Hold.

5, 6, 7, 8 Cross L over R. Hold. Point R to right side. Hold. (12:00)

## FWD. HOLD. CLAP. HOLD. FWD. HOLD. CLAP. HOLD.

1, 2, 3, 4 Step R fwd. Hold. Clap. Hold.

5, 6, 7, 8 Step L fwd. Hold. Clap. Hold. (12:00)

**RESTART HERE ON ROTATION 4, WHEN VOCALS BEGIN.**

**FWD. HOLD. CLAP. HOLD. PIVOT 1/2 LEFT. HOLD. HOLD. HOLD.**

1, 2, 3, 4  
5, 6, 7, 8

Step R fwd. Hold. Clap. Hold.  
Turn 1/2 left on L. Hold. Hold for 2 counts. (6:00)

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