

# Life's A Beach (P)

**COPPER** **KNOB**  
BY STEPHENETS

Compte: 32

Mur: 0

Niveau: Partner

Chorégraphe: Lucie Murphy (CAN) & Raynald Dumont (CAN)

Musique: Life Is a Beach - The Bellamy Brothers



**Position: Skater (Hands crossed in front, Right hands over left hands) Mirror image**

## **SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE**

1-2            **MAN:** Rock left to left, bring weight back on right foot  
                  **LADY:** Rock right to right, bring weight back on left foot

### **Man passes behind lady while passing arms over lady's head**

3&4           **MAN:** Cross shuffle left-right-left to right crossing in front of right foot  
                  **LADY:** Cross shuffle right-left-right to left crossing in front of left foot

5-6           **MAN:** Rock right to right, bring weight back on left foot  
                  **LADY:** Rock left to left, bring weight back on right foot

### **Man passes behind lady while passing arms over lady's head**

7&8           **MAN:** Cross shuffle right-left-right to left crossing in front of left foot  
                  **LADY:** Cross shuffle left-right-left to right crossing in front of right foot

## **STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD, STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD**

1-4           **MAN:** Step forward on left, pivot ½ turn right RLOD, shuffle left-right-left forward  
                  **LADY:** Step forward on right, pivot ½ turn left RLOD, shuffle right-left-right forward

5-8           **MAN:** Step forward on right, pivot ½ turn left LOD, shuffle right-left-right forward  
                  **LADY:** Step forward on left, pivot ½ turn right LOD, shuffle left-right-left forward

## **WALK 2X (LADY FULL TURN), SHUFFLE FORWARD, WALK 2X, (MAN FULL TURN), SHUFFLE FORWARD**

### **Release left hands**

1-2           **MAN:** Walk forward left, walk forward right  
                  **LADY:** Walk forward right, left while completing 1 full turn right

### **Retake skater position**

3&4           **MAN:** Shuffle left-right-left forward  
                  **LADY:** Shuffle right-left-right forward

### **Release right hands**

5-6           **MAN:** Walk forward right, left while completing 1 full turn left

### **Retake skater position**

**LADY:** Walk forward left, walk forward right

7&8           **MAN:** Shuffle right-left-right forward

**LADY:** Shuffle left-right-left forward

## **STEP ¼ TURN, CROSS STEP, SHUFFLE ¼ TURN, ROCK, RECOVER, COASTER STEP**

1-2           **MAN:** Step left ¼ turn right, step right behind left foot OLOD  
                  **LADY:** Step right ¼ turn left, step left behind right foot ILOD

3&4           **MAN:** Shuffle left-right-left ¼ turn left LOD  
                  **LADY:** Shuffle right-left-right ¼ turn right LOD

5-6           **MAN:** Rock forward on right, bring weight back on left foot  
                  **LADY:** Rock forward on left, bring weight back on right foot

7&8           **MAN:** Step back on right, step left next to right foot, step forward on right  
                  **LADY:** Step back on left, step right next to left foot, step forward on left

**REPEAT**

