

# Life's A Beach

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Gail A. Dawson (USA) - May 2015  
音乐: Life's a Beach - Heymous Molly



## Intro 24 counts

### Walk, Walk, Walk, Swivel, Rock, Step, Rock, Step

1-2                      Step R forward, step L forward  
3&4                      Step R beside L, swivel both heels R then L  
5&6                      Rock L to L, recover R, cross L over R  
7&8                      Rock R to R, recover R, cross R over L (12:00)

### Rock, Syncopated Vine, Rock, Syncopated Vine with ¼ Turn

1-2                      Rock L to L, recover R  
3&4                      Cross L behind R, step R to R, cross L over R  
5-6                      Rock R to R, recover L  
7&8                      Cross R behind L, Turn ¼ L, stepping L forward, Step R forward (9:00)

### Touch, Touch, Sailor Step, Touch, Touch, Sailor Step

1-2                      Touch L forward, touch L to L  
3&4                      Cross L behind R, step R to R, step L to L  
5-6                      Touch R forward, touch R to R  
7&8                      Cross R behind R, step L beside R, step R to R (9:00)

**\*\* Restart Here on 3rd Wall – On Restart – Sailor ¼ turn to 12:00**

**(Fun Styling Option: During the Sailor Steps, make breast stroke swim motion)**

### Step, Pivot ½, Step Pivot ¼, L Toe Circle, Step, R Toe Circle, Step

1-2                      Step L forward, turn ½ R, stepping R in place  
3-4                      Step L forward, turn ¼ R, stepping R in place  
5-6                      Touch L forward, draw counter-clockwise “circle in the sand”, Step L next to R  
7-8                      Touch R forward, draw clockwise “circle in the sand”, Touch R next to L (6:00)

**\*\* Tag A (8 counts) after Wall 1**

1-4                      Place hand on each side of head and roll counter-clockwise twice  
5&6&                      Swivel R toe to R, Swivel R heel to R, Swivel R toe to R, Swivel R heel to R  
7-8                      Draw R towards L, Touch R next to L

**\*\* Tag A+ Add (4 counts Arms) after Wall 7**

1-2                      Raise R hand over head, raise L hand over head  
3-4                      Pump both hands over head twice

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