

Beachin' (aka Keep on Truckin')

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 1 级数:
编舞者: Carol Benson (USA) - August 2015
音乐: Beachin' - Jake Owen



Alt. music: Keep on truckin' by Tim McGraw

Start dancing on lyrics

RIGHT & LEFT SKATE WITH TRIPLE - GOING FORWARD

1,2-3&4 Skate right, left, triple forward right-left-right
5,6-7&8 Skate left, right, triple forward left-right-left

RIGHT & LEFT SKATE WITH TRIPLE - GOING BACKWARDS

1,2-3&4 Skate right, left, triple back right-left-right
5,6-7&8 Skate left, right, triple back left-right-left

RIGHT ROCKING CHAIR, ½ TURN LEFT, THEN TRIPLE IN PLACE

1-4 Rock right forward, recover on left, rock right back, recover on left
5,6-7&8 Step right forward, turn ½ left (weight on left) triple in place right-left-right

LEFT ROCKING CHAIR, ½ TURN RIGHT, THEN TRIPLE IN PLACE

1-4 Rock left forward, recover on right, rock left back, recover on right
5,6-7&8 Step left forward, turn ½ right (weight on right) triple in place left-right-left

RIGHT & LEFT ROCK STEP WITH TRIPLES

1,2-3&4 Rock to right side, recover on left, triple in place right- left-right (can do coaster step)
5,6-7&8 Rock to left side, recover on right, triple in place left-right-left (can do coaster step)

REPEAT AND ENJOY

Keep on Smiling, it's Contagious

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