

West Coast

拍数: 64 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - January 2021
音乐: West Coast (feat. Quinn XCII) - DVBS : (iTunes / Spotify)



(Intro: 32 counts)

[S1] Side Rock, Cross Shuffle, 1/4R-Side, Cross Shuffle-Recover

1 2 Rock R to the side, Recover weight on L
3&4 Cross R over L, Step L close to R, Cross R over L
5 6 Make a 1/4 turn right stepping back on L, Step R to the side (3:00)
7&8& Cross L over R, Step R close to L, Cross (rock) L over R, Recover weight on R

[S2] 2x Side-Kick Across, Side Rock Turn 1/2R, Triple Turn 3/4L

1 2& Step L to the side, Kick R across L, Step R beside L
3 4& Step L to the side, Kick R across L, Step R beside L
5 6 Rock L to the side, Recover weight on R whilst making a 1/2 turn right (6:00)
7&8 Make a 3/4 left reverse triple turn on L-R-L (9:00)

[S3] Side, Behind-Side-Touch-Ball-Cross, 2x Kick-Side Rock

1 2& Step R to the side, Step L behind R, Step R to the side
3&4 Touch L next to R, Step L beside R, Cross R over L
5&6& Kick forward on L, Step/rock L out to the side, Recover weight on R, Step L next to R
7&8 Kick forward on R, Step/rock R out to the side, Recover weight on L

[S4] Lock Step Turn, Touch Turn, Step-Pivot 1/4L

1&2 Step forward on R, Lock L behind R, Step forward on R
3&4 Make a 1/4 turn left stepping forward on L, Lock R behind L, Step forward on L (6:00)
5&6& Touch R next to L, Make a 1/4 turn right stepping R beside L, Touch L next to R, Step L beside R (9:00)
7 8 Step forward on R, Make a 1/2 turn left recover weight on L (6:00)

[S5] Back Lock Sequence, Coaster Step, Step-Pivot 1/2L-Fwd

&1&2 Hop back on R, Lock L across R, Hop back on R, Lock L across R
&3& Hop back on R, Lock L across R Hop back on R
4&5 Step back on L, Step R next to L, Step forward on L
6 7 8 Step forward on R, Make a 1/2 turn left recover weight on L, Step forward on R (12:00)-get ready to push back.

[S6] Back Lock Sequence, Coaster Step, 1/4R-Sailor Fwd

&1&2 Hop back on L, Lock R across L, Hop back on L, Lock R across L
&3& Hop back on L, Lock R across L, Hop back on L
4&5 Step back on R, Step L next to R, Step forward on R
6 Step forward on L making a 1/4 turn right (3:00)
7&8 Step R behind L, Step L beside R, Step forward on R

[S7] Knee Pop Walk, Rock Fwd-1/2R Shuffle Fwd

&1&2 Step forward on L, Pop R knee/touch R next to L, Step forward on R, Pop L knee/touch L next to L
&3&4 Step forward on L, Pop R knee/touch R next to L, Step forward on R, Pop L knee/touch L next to L
&5 6 Step forward on L, Rock forward on R, Recover weight on L
7&8 Make a 1/2 turn right shuffle forward on R-L-R (9:00)

[S8] Kick-&-Kick-&-Shuffle Fwd, Step-Pivot 1/2L, Full Turn

1&2& Kick forward on L, Step L beside R, Kick forward on R, Step R beside L

3&4 Shuffle forward on L-R-L

5 6 Step forward on R, Make a 1/2 turn left recover weight on L

7 8 Make a 1/2 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (3:00)

The dance finishes at 12:00.

No Tags or Restarts!!

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(updated: 27/Jan/21)
