

Beach Therapy

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Bonita Malone (USA) - May 2021
音乐: Beach Ain't One - Drew Baldrige



#16 count introduction - 1 Tag, 1 Restart

WEAVE W/POINT SIDE, SAILOR STEP 2X

1,2 Step R cross frt (1), step L side (2)
3,4 Step R cross behind (3), point L side (4)
5&6 Step L cross behind (5), step R to R side (&), step L to L side (6)
7&8 Step R cross behind (7), step L beside R (&), step R side (8)

CROSS SHUFFLE, SIDE MAMBO, FRONT MAMBO, ROCK BACK, RECOVER

1&2 Step L cross frt (1), ball R (&), step L cross frt (2)
3&4 Rock R side (3), recover to L (&), step R next to L (4)
5&6 Rock L fwd (5), recover on R (&), step L slightly back (6)
7,8 Rock back on R (&), recover L (8)

*RESTART Here facing 6:00 on Wall 3

HEEL BALLCHANGE, FWD SHUFFLE, STEP FWD, ¼ PIVOT, R ¼ TURN L SIDE CHASSE'

1&2 R heel tap fwd (1), R ball (&), step L slightly fwd (2)
3&4 Step R fwd (3), step L next to R (&), step R fwd (4)
5,6 Step L fwd (5), pivot ½ turn to R (6) [6:00]
7&8 ¼ turn step L side (7), close R next to L (&), step L side (8) [9:00]

HEEL SWITCHES, ¼ PIVOT, HEEL SWITCHES 1/4 PIVOT

1&2& Heel tap R fwd (1), step R next to L (&), heel tap fwd (2), step L next to R (&)
3,4 Step R fwd (3), ¼ pivot to L (4) [6:00]
5&6& Heel tap R fwd (5), step R next to L (&), heel tap fwd (6), step L next to R (&)
7,8 Step R fwd (7), ¼ pivot to L (8) [3:00]

TAG After Wall 4 [9:00]

1,2& ¼ turn step R to face [12:00] Hands and shoulder gesture "What?"(1), hold (2), ¼ turn step L (&) returns you to face [9:00]

Email: bonita73greenville@gmail.com - danceworks@geusnet.com

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