

West Coast

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Janice Kim (KOR) - March 2022
音乐: West Coast - OneRepublic



INTRO: After 38counts , appr. 18 sec., start at "up" in the lyric 'I've been starin' up...'

#1 TAG: After wall 5 facing 6:00, 4 counts

[1-8] Cross rock, 1/4R Chasse, 1/2R pivot, fwd shuffle

1 2 Cross RF over LF, recover on LF
3 & 4 Step RF R side, step LF next to RF, turning 1/4 R step RF forward (3:00)
5 6 Step LF forward, 1/2 pivot turn R
7 & 8 Step LF forward, step RF next to LF, step LF forward (9:00)

[9-16] Big side, behind, side, cross, side, rock back, 1/4R back shuffle

1 2 & Big step RF R side, step LF behind RF, step RF R side
3 4 Cross LF over RF, step RF R side
5 6 Rock LF behind RF, recover on RF
7 & 8 Turning 1/4 R step LF back, step RF next to LF, step LF back (12:00)

[17-24] 1/2R shuffle, 1/2R shuffle, rock back, point R, L

1 & 2 Turning 1/2 R step RF forward, step LF next to RF, step RF forward (6:00)
3 & 4 Turning 1/2 R step LF back, step RF next to LF, step LF back(12:00)
5 6 Rock RF behind LF, recover on LF
7 & 8 Touch R toe R side, step RF next to LF, touch L toe L side

[25-32] Jazzbox, 1/2R pivot, R full turn

1 2 3 4 Cross LF over RF, step RF back, step LF L side, step RF forward
5 6 Step LF forward, 1/2 pivot turn R (6:00)
7 8 Turning 1/2 R step LF back, Turning 1/2 R step RF forward (6:00)

[33-40] Step, lock/hitch, fwd shuffle, step, lock/hitch, fwd shuffle

1 2 Step LF forward, lock RF hitching LF
3 & 4 Step LF forward, step RF next to LF, step LF forward
5 6 Step RF forward, lock LF hitching RF
7 & 8 Step RF forward, step LF next to RF, step RF forward

[41-48] Rock fwd, 1/2L toe strut, 1/2L toe strut, 1/2L toe strut

1 2 Rock LF forward, recover on RF
3 4 Turning 1/2 L touch L toe forward, heel drop on LF (12:00)
5 6 Turning 1/2 L touch R toe back, heel drop on RF (6:00)
7 8 Turning 1/2 L touch L toe forward, heel drop on LF (12:00)

[49-56] Side, behind, 1/4R fwd, 1/2R pivot, 1/4R side, behind, 1/4L fwd (Figure 8 step)

1 2 Step RF R side, step LF behind RF
3 4 Turning 1/4 R step RF forward, step LF forward
5 6 1/2 pivot turn R, turning 1/4 R step LF L side
7 8 Step RF behind LF, turning 1/4 L step LF forward (9:00)

[57-64] Rock fwd, & rock fwd, back, back, 1/4L sailor

1 2 Rock RF forward, recover on LF
& 3 4 Step ball of RF next to LF, rock LF forward, recover on RF
5 6 Step LF back, step RF back

7 & 8 Turning 1/4 L cross LF behind RF, step RF next to LF, step LF L side(6:00)

Tag: Cross rock, side rock

1 2 Rock RF cross over LF, recover on LF

3 4 Rock RF R side, recover on LF

Ending: After wall 6, facing 12:00

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