

High Heels on the Beach

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Improver
编舞者: Danielle Schill (USA) - July 2023
音乐: High Heels (Whistle While You Twerk) - Flo Rida, Walker Hayes & secs on the beach



#16 Count Intro

ROCK R FWD, RECOVER, SHUFFLE BACK, ROCK BACK L, RECOVER, FULL HINGE TURN R (L-R)

1-2 Step/rock right forward, recover on left
3&4 Step right back, step left next to right, step right back (shuffle back)
5-6 Step/rock left back, recover weight on right
7-8 Turn ½ turn right, stepping back on left, turn ½ turn right, stepping forward on right

*Easy option for 7-8: walk forward L-R

ROCK LEFT, RECOVER, BEHIND-SIDE-CROSS, STOP RIGHT, HOLD, HIP SHAKE (R-L-R)

1-2 Rock left to left side, recover on right
3&4 Step left behind right, step right to right side, cross left over right
5-6 Stomp right to right side, hold
7&8 Shake hips (R-L-R)

¼ TURN L WHILE STEPPING LEFT, ½ TURN LEFT, STEPPING BACK R, L COASTER, R HEEL SWIVEL, R COASTER

1-2 Turn ¼ turn left, stepping forward on L, turn ½ turn left, stepping back on R
3&4 Step back on L, step right next to left, step forward on L (coaster step)
5&6 Step right toe forward, swivel right heel to right side, then back to center
7&8 Step back on R, step left next to right, step forward on R (coaster step)

STEP L, SINGLE CLAP, STEP R, DOUBLE CLAP, STEP ½ TURN R, L SHUFFLE

1-2 Step forward on L, hold and clap once
3&4 Step forward on R, hold and clap twice (&4)
5-6 Step forward on left, turn ½ turn right, recovering weight on right
7&8 Shuffle forward on left (L-R-L)

REPEAT

Last Update - 29 Oct. 2023 - R1