

# Coast

拍数: 32      墙数: 2      级数: Improver  
编舞者: Larry Pizzini Jr. (USA) - January 2025  
音乐: Coast (feat. Anderson .Paak) - Hailee Steinfeld



Intro: 16 counts

**L ¼ Step, Hitch ¼ Sweep, Shuffle L-R-L, Rock , Recover, Kick-Ball-Change**

1,2      Make a 1/4 turn left while stepping RF right, hitch left knee sweeping outward making ¼ turn left  
3&4      Step back on LF, step RF next to LF, step LF back  
5,6      Rock back on RF, recover on LF  
7&8      Kick RF forward, step center on ball of RF, change weight to LF

**L ¼ Turn Rock, Recover, Step, Rock, Recover, Step, Step Knee Roll, Step Knee Roll, R ¼ Turn Shuffle**

1,2&      Make a ¼ left rocking right on RF, recover on LF, step RF next to LF  
3,4&      Rock left on LF, recover on RF, step LF next to RF  
5,6      Press right toe forward rolling knee out, press left toe forward rolling knee out  
7&8      Make a ¼ turn right stepping RF forward, step LF next to RF, step RF forward

**Heel, Step, Toe, L Heel Jack, Step, Step, Rock, Recover, Shuffle**

1&2&      Touch L heel forward, step LF next to RF, touch R toe next to LF, step RF back  
3&4      Touch L heel forward, step LF next to RF, step RF forward  
5,6      Rock forward on LF, recover on RF  
7&8      Step LF back, step RF next to LF, step LF back

**Toe Press, Body Roll, Toe Press, Body Roll, Rock, Recover, L ½ Turn Step, L ½ Turn Step**

1,2&      Press right toe back, body roll back while dropping right heel, step LF next to RF  
3,4&      Press right toe back, body roll back while dropping right heel, step LF next to RF  
5,6      Rock back on RF, recover on LF  
7,8      Make a ½ turn left stepping back on RF, make a ½ turn left stepping forward on LF

**No tags or restarts!!**

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