

# West Coast For One

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数:  
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音乐: Dance and Shout - Wynonna



## WEST COAST BASIC - RIGHT FOOT LEAD ½ TURN LEFT (TWICE)

- 1            Step forward right foot, slightly turning body to left  
2            Step forward, crossing left foot over right foot while still turning to left (¼ at this point)  
3&4        Right, left, right, complete turn to left, dipping body into turn  
5&6        Left, right, left anchor step. Smooth movement. Step left behind right, step right, step left.  
7-12       Repeat steps 1 through 6.

## CROSS STEP, ANCHOR STEP, RIGHT AND LEFT

- 13-14      Cross right foot over left foot, step left with left foot  
15&16     Right, left, right anchor step. Step right behind left, step left, step right.  
17-18      Cross left foot over right foot, step right with right foot.  
19&20     Left, right, left anchor step. Step left behind right, step right with right, step left.

## CAMEL WALKS WITH BODY ROLLS

- 21-22      Stepping forward on right foot, pop right knee out, while sliding left foot to back of right foot with a straight leg, weight on left foot while rolling body forward and up.  
23-24      Repeat steps 21-22.  
25&26     Anchor step right, left, right.

## STEP PIVOT ½ RIGHT, TURN ¾ LEFT, STEP, TOGETHER, STEP

- 27-28      Step forward left, pivot ½ right (weight on right)  
29-30      Step left foot ¼ to left. Continue turn stepping on right ¼ turn left.  
**Don't rush turn, you will finish turn on 31 & 32**  
31&32      Step left foot to left ¼ turn left, (&) together right, step left to left side.

**REPEAT**

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