

Lone's Beach

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kitty van der Westen (DK) - May 2008
音乐: Some Beach - Blake Shelton



Intro: 16 counts

This dance is a birthday present for Lone, because she loves the music so much!!!!

CHASSE RIGHT, ROCKSTEP, CHASSE LEFT, ROCKSTEP

1&2 Step R To Right Side, Close L Beside R, Step R To Right Side
3-4 Rock Back On L, Rock Forward Onto R
5&6 Step L To Left Side, Close R Beside L, Step L To Left Side
7-8 Rock Back On R, Rock Forward Onto L

KICK BALL STEP (2X), STEPS TURN LEFT, FULL TURN LEFT TRAVELLING FORWARD

1&2 Kick R Forward, Place R Beside L, Step L Forward
3&4 Kick R Forward, Place R Beside L, Step L Forward
5-6 Step Forward R, Turn ½ Left (Weight On L) (Facing 6:00)
7-8 Turn ½ Left Stepping Back Onto R, Turn ½ Left Stepping Forward Onto L.

SIDE ROCK, SAILORSTEP, CROSS ROCK, SHUFFLE ¼ TURN LEFT

1-2 Rock R To Right Side, Rock Back On L
3&4 Step Right Behind Left, Step Left To Left, Step Right In Place.
5-6 Cross L Over R, Rock Back Onto R
7&8 Step L To Left Side, Close R Beside L, Step L To Left Side With A ¼ Turn To The Left
(Facing 3:00)

SIDE ROCK, CROSS SHUFFLE, STEP TOUCH (2x)

1-2 Rock R To Right Side, Rock Back Onto L
3&4 Cross Right Over Left. Step Left To Left Side. Cross Right Over Left.
5-6 Step L To Left Side, Touch R Beside L
7-8 Step R To Right Side, Touch L Beside R

OUT, OUT, IN, CROSS UNWIND, R SHUFFLE, ROCKSTEP

&1&2 Quickly Step L Out To Left Side, R To Right Side, L Back On Place, R Cross Over L
3-4 Unwind Over 2 Counts ½ Turn Left (Weight On L) (Facing 9:00)
5&6 Step Forward R, Step L To R, Step Forward R
7-8 Step Forward L, Rock Back Onto R

COASTERSTEP, ROCKING CHAIR, STEP TURN ½ LEFT

1&2 Step Back L, R Beside L, Step Forward L
3-4 Step Forward R, Rock Back Onto L
5-6 Step Back R, Rock Forward Onto L
7-8 Step Forward R, Turn ½ Left (Weight L) (Facing 3:00)

RESTARTS: ON WALL 1 (FACING 3:00), WALL 3 (FACING 9:00), WALL 5 (FACING 3:00)

HEEL SWITCHES, CLAP (2X), ROCKSTEP, COASTERSTEP

1&2 Touch R Heel Forward, R Beside L, Touch L Heel Forward
&3&4 L Beside R, Touch R Heel Forward, Clap, Clap
&5-6 R Beside L, Step Forward L, Rock Back Onto R
7&8 Step Back L, R Beside L, Step Forward L

SHUFFLE, STEP TURN ½ RIGHT, SHUFFLE, STEP TURN ½ LEFT

1&2 Step Forward R, Step L To R, Step Forward R
3-4 Step Forward L, ½ Turn R (Weight On R)
5&6 Step Forward L, Step R To L, Step Forward L
7-8 Step Forward R, ½ Turn L (Weight On L)

Restart

Once you know the dance you can just enjoy the music!!!!
