

Beachin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jill Weiss (USA) - April 2014
音乐: Beachin' - Jake Owen : (Album: Days of Gold)



Intro 16 counts from where the band starts - No Tags Or Restarts

WALK, SYNC. ROCKING CHAIR, PIVOT TURN, FULL SHUFFLE TURN

1-2-3&4 Walk R,L, rock forward on R, recover L, rock back on R, recover L
5-6-7&8 Step R forward, pivot ½ turn left, and continue ½ turn left shuffling R-L-R, making 1 full turn
(12:00)

ROCK BACK, SHUFFLE ¼ TURN RIGHT, ROCK BACK, SIDE SHUFFLE

1-2-3&4 Rock back on left, recover right, shuffle LRL making ¼ turn right (3:00)
5-6-7&8 Rock back on right, recover to left, side shuffle RLR (3:00)

HIP BUMPS, ¼ TURN WITH HOOK, SHUFFLE AND WALK

1-2 Hip bumps L and R
3&4 Hip bumps L and R, bump L while turning ¼ R and hooking R foot in front of L leg (6:00)
5&6-7-8 Shuffle forward RLR, Walk forward L, R
(styling note: bend knees on last R step, lifting L up a little)

SHUFFLE BACK, ROCK RECOVER, STEP TURN ¼, HIP BUMPS

1&2-3-4 Shuffle back LRL, rock back on R, recover to L
5-6 Step R forward, pivot ¼ turn to left (3:00)
7-8 Hip bumps R,L
(styling note: also finish with sways, hip rolls, etc.)

Contact: jill@freespindance.com
