

Life's A Beach

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Gail A. Dawson (USA) - May 2015
音樂: Life's a Beach - Heymous Molly



Intro 24 counts

Walk, Walk, Walk, Swivel, Rock, Step, Rock, Step

1-2 Step R forward, step L forward
3&4 Step R beside L, swivel both heels R then L
5&6 Rock L to L, recover R, cross L over R
7&8 Rock R to R, recover R, cross R over L (12:00)

Rock, Syncopated Vine, Rock, Syncopated Vine with ¼ Turn

1-2 Rock L to L, recover R
3&4 Cross L behind R, step R to R, cross L over R
5-6 Rock R to R, recover L
7&8 Cross R behind L, Turn ¼ L, stepping L forward, Step R forward (9:00)

Touch, Touch, Sailor Step, Touch, Touch, Sailor Step

1-2 Touch L forward, touch L to L
3&4 Cross L behind R, step R to R, step L to L
5-6 Touch R forward, touch R to R
7&8 Cross R behind R, step L beside R, step R to R (9:00)

**** Restart Here on 3rd Wall – On Restart – Sailor ¼ turn to 12:00**

(Fun Styling Option: During the Sailor Steps, make breast stroke swim motion)

Step, Pivot ½, Step Pivot ¼, L Toe Circle, Step, R Toe Circle, Step

1-2 Step L forward, turn ½ R, stepping R in place
3-4 Step L forward, turn ¼ R, stepping R in place
5-6 Touch L forward, draw counter-clockwise “circle in the sand”, Step L next to R
7-8 Touch R forward, draw clockwise “circle in the sand”, Touch R next to L (6:00)

**** Tag A (8 counts) after Wall 1**

1-4 Place hand on each side of head and roll counter-clockwise twice
5&6& Swivel R toe to R, Swivel R heel to R, Swivel R toe to R, Swivel R heel to R
7-8 Draw R towards L, Touch R next to L

**** Tag A+ Add (4 counts Arms) after Wall 7**

1-2 Raise R hand over head, raise L hand over head
3-4 Pump both hands over head twice

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