

Movin' West Coast

拍數: 32 牆數: 4 級數: Improver WCS
編舞者: Robert Hahn (DE) - July 2014
音樂: West Coast (Radio Mix) - Lana Del Rey



Note: Start after the 8 count intro

[1-8] Walk, Walk, Anchor Step, Coaster Step, Side Rock

- 1-2 Step right forward, step left forward
- 3&4 Step right behind left, recover weight onto left, step right behind left
- 5&6 Step left back, step right next to left, step left forward
- 7-8 Step right to right side and sway hips right, recover weight onto left and sway hips left

[9-16] Behind Side Cross, Side Rock, ¼ Sailor Turn Left, ½ Sweep Turn Left, Touch Together

- 1&2 Step right behind left, step left to left side, step right across left
- 3-4 Step left to left side and sway hips left, recover weight onto right and sway hips right
- 5&6 Make a ¼ turn left and step left behind right, step right to right side, step left slightly forward to left □diagonal
- 7-8 Make a ½ turn left on left and sweep right around, touch right next to left

(Restart: On wall 8, facing 6 o'clock)

[17-24] Side Rock Cross (2x), Rock Step, ½ Shuffle Turn Right

- 1&2 Step right to right side, recover weight onto left, step right forward in front of left
- 3&4 Step left to left side, recover weight onto right, step left forward in front of right
- 5-6 Step right forward, recover weight back onto left
- 7&8 Make a ¼ turn right and step right to right side, step left next to right, make a ¼ turn right and step right forward

[25-32] Rock Step, Step Back, Lock, Back Lock Shuffle, ½ Turn Right, Step Forward

- 1-2 Step left forward, recover weight back onto right
- 3-4 Step left back, step right across left
- 5&6 Step left back, step right across left, step left back
- 7-8 Make a ½ turn right and step right forward, step left forward

... start again

Restart: There is only one Restart in wall 6th. Dance the first 16 counts and then start again from top (facing 6:00).