

Girl On The Coast

COPPERKNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Trine Haukø Lund (NOR) - April 2017
音樂: Girl On the Coast - Jessie James Decker



#16 counts intro - Sequence of dance: A-B-C - A-B-C - TAG - B-C-C

A:32

Section A1: Walk L-R fwd, rock, recover, step backw, walk R-L backw, rock, recover, step fwd

1-2 Walk LF forward, walk RF forward
3&4 Rock LF forward, recover on RF, step LF backwards
5-6 Walk RF, backwards, walk LF backwards
7&8 Rock RF backwards, recover on LF, step RF forward

Section A2: Mambo L, mambo R, 1/4 R, 1/2 R, step turn R

1&2 Rock LF to L, recover on RF, cross LF over RF
3&4 Rock RF to R, recover on LF, cross RF over LF
5-6 Turn 1/4 R(3.00), step LF backwards, turn 1/2 R(9.00), step RF forward
7&8 Step LF forward, turn 1/2 R(3.00), recover on RF, step LF forward

Section A3: Rock fwd, rock side R, sailor step R, rock fwd, rock side L, sailor 1/4 turn L

1&2& Rock RF forward, recover on LF, rock RF to R, recover on LF
3&4 Step RF backwards, step LF next to RF, step RF to R
5&6& Rock LF forward, recover on RF, rock LF to L, recover on RF
7&8 Turn 1/4 L(12.00), step LF backwards, step RF next to LF, step LF forward

Section A4: Step 1/2 turn L, shuffle fwd R, rock, recover L, coaster step R

1-2 Step RF forward, turn 1/2 L(6.00), recover on LF
3&4 Step RF forward, step LF next to RF, step RF forward
5&6 Rock LF forward, recover on RF, step LF backwards
7&8 Step RF backwards, step LF next to RF, step RF forward

B:32

Section B1: Samba diamond 1/2 turn L

1&2& Cross LF over RF, turn 1/8 L(4.30), step RF backwards, step LF backwards, hitch RK
3&4 Step RF backwards, turn 1/8 L(3.00), step LF to L, turn 1/8 L(1.30), step RF forward
5&6& Step LF forward, turn 1/8 L(12.00), step RF to R, turn 1/8 L(10.30), step LF backwards, hitch RK
7&8 Step RF backwards, turn 1/8 L(9.00), step LF to L, cross RF over LF

Section B2: Rock L diagonal fwd, coaster step R, step 1/2 turn R, step 1/4 turn R

1&2 Rock LF diagonal forward, recover on RF, step LF next to RF
3&4 Step RF backwards, step LF next to RF, step RF forward
5-6 Step LF forward, turn 1/2 R(3.00), recover on RF
7&8 Step LF forward, turn 1/4 R(6.00), recover on RF, step LF next to RF

Section B3: Samba diamond 1/2 turn R

1&2& Cross RF over LF, turn 1/8 R(7.30), step LF backwards, step RF backwards, hitch LK
3&4 Step LF backwards, turn 1/8 R(9.00), step RF to R, turn 1/8(10.30), step LF forward
5&6& Step RF forward, turn 1/8 R(12.00), step LF to L, turn 1/8 R(1.30), step RF backwards, hitch LK
7&8 Step LF backwards, turn 1/8 R(3.00), step RF to R, cross LF over RF

Section B4: Rock R diagonal fwd, coaster step L, step 1/2 turn L, step 1/4 turn L

- 1&2 Rock RF diagonal forward, recover on LF, step RF next to LF
- 3&4 Step LF backwards, step RF next to LF, step LF forward
- 5-6 Step RF forward, turn 1/2 L(3.00), recover on LF
- 7&8 Step RF forward, turn 1/4 L(6.00), recover on LF, step RF next to LF

C:16

Section C1: Side, together L, shuffle L, side, together R, shuffle R

- 1-2 Step LF to L, step RF next to LF
- 3&4 Step LF to L, step RF next to LF, step LF to L
- 5-6 Step RF to R, step LF next to RF
- 7&8 Step RF to R, step LF next to RF, step RF to R

Section C2: Cross rock L-R, sailor 1/4 turn L, rock 1/4 turn L

- 1&2 Cross rock LF over RF, recover on RF, step LF to L
- 3&4 Cross rock RF over LF, recover on LF, step RF to R
- 5&6 Turn 1/4 L(3.00), step LF backwards, step RF next to LF, step LF forward
- 7&8 Rock RF forward, turn 1/4 L(12.00), recover on LF, step RF next to LF

Tag: There is a 20 count Tag after the 2nd C – facing 12.00

Walk L-R, shuffle L, walk R-L, shuffle R (walk L and make a full turn total)

- 1-2 Walk LF, walk RF to L
- 3&4 Step LF forward, step RF next to LF, step LF forward
- 5-6 Walk RF, walk LF
- 7&8 Step RF forward, step LF next to RF, step RF forward - End - f 12.00

Mambo L, mambo R, mambo L fwd, mambo R backwards

- 1&2 Rock LF to L, recover on RF, step LF next to RF
- 3&4 Rock RF to R, recover on LF, step RF next to LF
- 5&6 Rock LF forward, recover on RF, step LF next to RF
- 7&8 Rock RF backwards, recover on LF, step RF next to LF

Full turn R

- 1-4 Cross LF over RF, make a full turn R, end facing 12.00, weight on RF
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