

# 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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