

West Coast

拍數: 32 牆數: 2 級數: novice - Smooth – West coast swing
編舞者: Shauni Dankers (BEL) - November 2019
音樂: West Coast (feat. Layton) - Lyfes



Start: after 32 counts

[1-8] WALK R – L, SIDE ROCK WALK R-L, TURN 1 ¼

- 1 RF step forward
- 2 LF step forward
- & RF rock to the R side
- 3 Recover back on LF
- 4 RF step forward
- 5 LF step forward
- 6 Turn ½ to right side (6:00), put weight on RF
- 7 Turn ½ to right side (12:00), LF step backward
- 8 Turn ¼ to right side (3:00), RF step to R side

[9-16] CROSS, SIDE, CROSS, SIDE ROCK, CROSS, SIDE, CROSS, CLOSE

- 1 Cross LF over RF
- 2 RF step R
- 3 Cross LF over RF
- & RF rock to the right side
- 4 Recover back on LF
- 5 Cross RF over LF
- 6 LF step L
- 7 Cross RF over LF
- 8 LF close next to RF

[17-24] WALK R, TURN ¼ , WEAVE, BODYROLL X2, FLICK

- 1 RF step forward
- 2 Turn ¼ to the right (6:00) and LF step to the left side
- 3 Cross RF behind LF
- & LF step to L side
- 4 Cross RF over LF
- 5-6 LF Step diagonal forward (4:30) make a forward bodyroll over to R
- 7-8 Repeat bodyroll, end with weight on RF end flick LF

[25-32] JAZZ BOX X2, ROCK BACKWARD, SPIRAL TURN X2

- 1 LF cross over RF
- & RF step backward
- 2 Step LF to side
- 3 RF cross over LF
- & LF step backward
- 4 Step RF next to LF
- 5 LF rock backward
- 6 Recover back on RF
- 7 LF step forward, full turn right side (weight on LF), sweeping RF from back to front
- & RF step forwards
- 8 LF step forward, full turn right side (weight on LF), sweeping RF from back to front

TAG: AFTER WALL 4

- 1 RF step forward
- 2 LF rock forward
- & Recover back on RF
- 3 LF step backward
- 4 RF rock backward
- & Recover back on LF

HAVE FUN!
