

# West Coast

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - January 2021  
音樂: West Coast (feat. Quinn XCII) - DVBS : (iTunes / Spotify)



(Intro: 32 counts)

## [S1] Side Rock, Cross Shuffle, 1/4R-Side, Cross Shuffle-Recover

1 2            Rock R to the side, Recover weight on L  
3&4           Cross R over L, Step L close to R, Cross R over L  
5 6            Make a 1/4 turn right stepping back on L, Step R to the side (3:00)  
7&8&         Cross L over R, Step R close to L, Cross (rock) L over R, Recover weight on R

## [S2] 2x Side-Kick Across, Side Rock Turn 1/2R, Triple Turn 3/4L

1 2&           Step L to the side, Kick R across L, Step R beside L  
3 4&           Step L to the side, Kick R across L, Step R beside L  
5 6            Rock L to the side, Recover weight on R whilst making a 1/2 turn right (6:00)  
7&8            Make a 3/4 left reverse triple turn on L-R-L (9:00)

## [S3] Side, Behind-Side-Touch-Ball-Cross, 2x Kick-Side Rock

1 2&           Step R to the side, Step L behind R, Step R to the side  
3&4            Touch L next to R, Step L beside R, Cross R over L  
5&6&         Kick forward on L, Step/rock L out to the side, Recover weight on R, Step L next to R  
7&8            Kick forward on R, Step/rock R out to the side, Recover weight on L

## [S4] Lock Step Turn, Touch Turn, Step-Pivot 1/4L

1&2           Step forward on R, Lock L behind R, Step forward on R  
3&4            Make a 1/4 turn left stepping forward on L, Lock R behind L, Step forward on L (6:00)  
5&6&         Touch R next to L, Make a 1/4 turn right stepping R beside L, Touch L next to R, Step L beside R (9:00)  
7 8            Step forward on R, Make a 1/2 turn left recover weight on L (6:00)

## [S5] Back Lock Sequence, Coaster Step, Step-Pivot 1/2L-Fwd

&1&2         Hop back on R, Lock L across R, Hop back on R, Lock L across R  
&3&           Hop back on R, Lock L across R Hop back on R  
4&5           Step back on L, Step R next to L, Step forward on L  
6 7 8         Step forward on R, Make a 1/2 turn left recover weight on L, Step forward on R (12:00)-get ready to push back.

## [S6] Back Lock Sequence, Coaster Step, 1/4R-Sailor Fwd

&1&2         Hop back on L, Lock R across L, Hop back on L, Lock R across L  
&3&           Hop back on L, Lock R across L, Hop back on L  
4&5           Step back on R, Step L next to R, Step forward on R  
6             Step forward on L making a 1/4 turn right (3:00)  
7&8           Step R behind L, Step L beside R, Step forward on R

## [S7] Knee Pop Walk, Rock Fwd-1/2R Shuffle Fwd

&1&2         Step forward on L, Pop R knee/touch R next to L, Step forward on R, Pop L knee/touch L next to L  
&3&4         Step forward on L, Pop R knee/touch R next to L, Step forward on R, Pop L knee/touch L next to L  
&5 6         Step forward on L, Rock forward on R, Recover weight on L  
7&8           Make a 1/2 turn right shuffle forward on R-L-R (9:00)

**[S8] Kick-&-Kick-&-Shuffle Fwd, Step-Pivot 1/2L, Full Turn**

1&2& Kick forward on L, Step L beside R, Kick forward on R, Step R beside L

3&4 Shuffle forward on L-R-L

5 6 Step forward on R, Make a 1/2 turn left recover weight on L

7 8 Make a 1/2 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (3:00)

**The dance finishes at 12:00.**

**No Tags or Restarts!!**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))**

**(updated: 27/Jan/21)**

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