

On The Beach 2021

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Jan Brookfield (UK) & Rachael (Pugh) McPherson (UK) - October 2021
音樂: Sex on the Beach (Radio Mix) - T-Spoon



Dance first choreographed back in 1997, updated now in 2021.

Starts on the word SEX in main vocals after 20 seconds.

Section 1 : HIP BUMPS x 4, SHUFFLE FORWARD, STEP, HALF PIVOT

1,2,3,4 Step L forward, bump hips forward, rock weight onto R bumping hips back, transfer weight forward onto L, rock weight back onto R
5&6,7,8 Shuffle forward on L,R,L; step R forward, pivot half turn left
(weight now on L, facing 6 o'clock)

Section 2 : SIDE, BEHIND, STEP-CROSS, SIDE; SIDE, BEHIND, STEP-CROSS, POINT

1,2&3,4 Step R to right side, step L behind R, step quickly onto R, step L across R, step R to right side
5,6&7,8 Step L to left side, step R behind L, step quickly onto L, step R across L, point L toe out to left side

Section 3 : CROSS, POINT; BACK, POINT; SAILOR STEP; TOUCH SIDE, PIVOT ¼ TURN

1,2,3,4 Step L across in front of R, point R out to right side; step R back, point L out to left side
5&6,7,8 Step L behind R, step R to right side, step L to left side; touch R to right side, keeping weight on L pivot quarter turn right (weight on L, facing 9 o'clock)

Section 4 : KICK-STEP, KICK-STEP; OUT, OUT, IN, IN; COASTER STEP

1&2& Kick R forward, step on R in place, kick L forward, step on L in place
3,4,5,6 Step R out to right side, step L out to left side; step R in place, step L in place
7&8 Step R back, step L next to R, step R forward

START OVER