

Coast Side

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Emil Langdal Tørstad (NOR) - December 2024
音樂: Coast Side - Omar Rudberg : (Album: Omr)



Sequence of Dance: A, B, B 16, A, A, B, B 16, A, A

Intro: 16 counts (start on vocals)

Part A:

A1 - Short Weave Right with point, Short Weave Left with point

1-4 Step LF of front of RF, step RF to R, step LF behind RF, point RF to R
5-8 Step RF of front of LF, step LF to L, step RF behind LF, point LF to L

A2 - (Step Forward & point) x2, Jazz Box with 1/4L turn & Touch

1-2 Step LF fwd, point RF to R
3-4 Step RF fwd, point LF to L
5-8 Step LF in front of RF, turn 1/4L & step RF back, step LF to L, touch RF beside LF 09:00

A3 - Side, Together, Shuffle Right, Cross Rock, Shuffle Left

1-2 Step RF to R, step LF together,
3&4 Step RF to R (3), step LF together (&), step RF to R (4)
5-6 Step LF in front of RF, recover weight back on RF
7&8 Step LF to L (7), step RF together (&), step LF to L (8)

A4 - Weave Left, Rock Forward, Shuffle 1/2R turn

1-4 Step RF in front of LF, step LF to L, step RF behind LF, step LF to L
5-6 Step RF fwd, recover weight back on LF
7&8 Turn 1/4R & step RF to R (7), step LF together (&), turn 1/4R & step RF fwd (8) 03:00

Part B:

B1 - Rock Forward, Step-Lock-Step Back, Rock Back, Step-Lock-Step Forward

1-2 Step LF fwd, recover weight back on RF
3&4 Step LF back (3), step RF together in locked position (&), step LF back (4)
5-6 Step RF back, recover weight back on LF
7&8 Step RF fwd (7), step LF together in locked position (&), step RF fwd (8)

B2 - Step-Touch, Step-Sweep, Behind-Side-Cross, Rock Right, Sailor 1/4R turn

&1 Step LF fwd (&), touch RF behind LF
2 Step RF back & sweep LF from front to back
3&4 Step LF behind RF (3), step RF to R (&), step LF in front of RF (4)
5-6 Step RF to R, recover weight back on LF
7&8 Turn 1/8R & Step RF behind LF (7), turn 1/8R & step LF to L (&), step RF to R (8) 06:00
RESTARTS

B3 - Weave Right with 1/4R turn, Step, Pivot 1/2R turn, Step-Lock-Step 1/2R turn

1-4 Step LF in front of RF, step RF to R, step LF behind RF, turn 1/4R & step RF fwd 09:00
5-6 Step LF fwd, turn 1/2R & change weight to RF 03:00
7&8 Turn 1/4R & step LF to L (7), turn 1/8R & step RF together in locked position (&), turn 1/8R & step LF back (8) 09:00

B4 - Step, Touch, Step-Lock-Step, Jazz Box with 1/4R turn & slide

1-2 Step RF back, touch LF in front of RF,

3&4 Step LF fwd (3), step RF together in locked position (&), step LF fwd (4)
5-8 Step RF in front of LF, turn 1/4R & step LF back, step RF to R, slide LF towards RF 12:00

Restarts:

The 2nd and 4th time you dance Part B do a Restart after 16 counts. After the restarts start on Part A.

Ending:

The 5th time you dance Part A (starts towards 12:00) - dance the first 30 counts then change the 7&8 in A4 to: Shuffle 1/4R turn.

7&8 Step RF to R (7), step LF together (&), turn 1/4R & step RF fwd (8) 12:00

Have fun & Enjoy :-)

RF = Right Foot

R = Right

Submitted by: Dag Alexander Wien - Email: dagalexander@me.com
