

Beach Life

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mary Lacoste (USA), Kristal Oelkers (USA) & Stacy Russell (USA) - September 2022
音樂: Beach Life - Rivermist
或: Apple Juice - Teddy Swims



#32 Count Intro.

HALF TURN RIGHT MONTEREY (X2)

1-2 Point RF to R side, half turn R while stepping RF next to LF
3-4 Point LF to L side, Step LF next to RF
5-6 Point RF to R side, half turn R while stepping RF next to LF
7-8 Point LF to L side, step LF next to RF

K STEP

1,2,3,4 Step RF forward to R diagonal, Touch LF next to R, Step LF back to L diagonal, Touch RF next to L
5,6,7,8 Step RF back to R diagonal, touch LF next to R, Step LF forward to L diagonal, touch RF next to L

SUGARFOOT, CROSS SHUFFLE, SUGARFOOT, CROSS SHUFFLE

1-2 Right toe diagonal tap, right heel diagonal tap,
3&4 Cross RF over LF, step LF to L side, cross RF over LF
5-6 L toe diagonal tap, L heel diagonal tap
7&8 Cross LF over RF, step RF to R side, cross LF over RF

SUGARFOOT CROSS SHUFFLE ¼ TURN, ROCK L FORWARD, LEFT COASTER STEP

1-2 Right toe diagonal tap, right heel diagonal tap,
3&4 Cross RF over LF, step LF to L side, cross RF over LF
5-6 ¼ turn L, rock LF forward, recover RF
7&8 step back on LF, step RF beside LF, step forward on LF
