

Life's A Beach

拍數: 32 牆數: 4 級數: Improver social cha
編舞者: Gaye Teather (UK)
音樂: Life Is a Beach - The Bellamy Brothers



LEFT SIDE ROCK, BACK ROCK, SIDE CLOSE, CHASSE LEFT

1-2 Rock left to left side, recover onto right
3-4 Rock back on left, recover onto right
5-6 Step left to left side, step right beside left
7&8 Step left to left, step right beside left, step left to left (12:00)

TOUCH ACROSS, SWEEP ¼ RIGHT, RIGHT CHASSE, TOUCH ACROSS, SWEEP, LEFT SAILOR STEP

9-10 Touch right toe across left foot (towards left diagonal), sweep right toe round to right side making ¼ turn right (weight on left foot) - (3:00)
11&12 Step right to right side, step left beside right, step right to right
13-14 Touch left toe across right foot (towards right diagonal), sweep left toe round to left side
15&16 Step left behind right, step right to right, step left to left

RIGHT CROSS ROCK, RIGHT CHASSE, LEFT CROSS ROCK, SHUFFLE ½ TURN LEFT

17-18 Cross rock right over left, recover onto left
19&20 Step right to right side, step left beside right, step right to right
21-22 Cross rock left over right, recover onto right
23&24 Shuffle ½ turn left stepping left, right, left (9:00)

SWAY FORWARD, BACK, STEP LOCK, STEP-LOCK-STEP

25-26 Rock forward on right foot swaying hips forward, recover onto left
27-28 Rock back on right foot, swaying hips back, recover onto left
29-30 Step forward on right, lock left behind right
31&32 Step forward on right, lock left behind right, step forward on right

REPEAT
