

# Life's A Beach (P)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 0      級數: Partner  
編舞者: Lucie Murphy (CAN) & Raynald Dumont (CAN)  
音樂: Life Is a Beach - The Bellamy Brothers



Position: Skater (Hands crossed in front, Right hands over left hands) Mirror image

## SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

1-2      **MAN:** Rock left to left, bring weight back on right foot  
          **LADY:** Rock right to right, bring weight back on left foot

### Man passes behind lady while passing arms over lady's head

3&4      **MAN:** Cross shuffle left-right-left to right crossing in front of right foot  
          **LADY:** Cross shuffle right-left-right to left crossing in front of left foot

5-6      **MAN:** Rock right to right, bring weight back on left foot  
          **LADY:** Rock left to left, bring weight back on right foot

### Man passes behind lady while passing arms over lady's head

7&8      **MAN:** Cross shuffle right-left-right to left crossing in front of left foot  
          **LADY:** Cross shuffle left-right-left to right crossing in front of right foot

## STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD, STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD

1-4      **MAN:** Step forward on left, pivot ½ turn right RLOD, shuffle left-right-left forward  
          **LADY:** Step forward on right, pivot ½ turn left RLOD, shuffle right-left-right forward

5-8      **MAN:** Step forward on right, pivot ½ turn left LOD, shuffle right-left-right forward  
          **LADY:** Step forward on left, pivot ½ turn right LOD, shuffle left-right-left forward

## WALK 2X (LADY FULL TURN), SHUFFLE FORWARD, WALK 2X, (MAN FULL TURN), SHUFFLE FORWARD

### Release left hands

1-2      **MAN:** Walk forward left, walk forward right  
          **LADY:** Walk forward right, left while completing 1 full turn right

### Retake skater position

3&4      **MAN:** Shuffle left-right-left forward  
          **LADY:** Shuffle right-left-right forward

### Release right hands

5-6      **MAN:** Walk forward right, left while completing 1 full turn left

### Retake skater position

**LADY:** Walk forward left, walk forward right

7&8      **MAN:** Shuffle right-left-right forward  
          **LADY:** Shuffle left-right-left forward

## STEP ¼ TURN, CROSS STEP, SHUFFLE ¼ TURN, ROCK, RECOVER, COASTER STEP

1-2      **MAN:** Step left ¼ turn right, step right behind left foot OLOD  
          **LADY:** Step right ¼ turn left, step left behind right foot ILOD

3&4      **MAN:** Shuffle left-right-left ¼ turn left LOD  
          **LADY:** Shuffle right-left-right ¼ turn right LOD

5-6      **MAN:** Rock forward on right, bring weight back on left foot  
          **LADY:** Rock forward on left, bring weight back on right foot

7&8      **MAN:** Step back on right, step left next to right foot, step forward on right  
          **LADY:** Step back on left, step right next to left foot, step forward on left

REPEAT

