

On The Beach

拍數: 32 牆數: 4 級數: Improver
編舞者: Rachael Pugh (UK) & Jan Brookfield (UK)
音樂: Sex on the Beach - T-Spoon



BUMPS SHUFFLE STEP PIVOT

1-4 Step forward left, bump hips forward, back, forward, back
5-6 Shuffle forward on left-right-left
7-8 Step forward right - pivot ½ left

Experiment with any hip bumps, wiggles or body rolls as the feeling takes you !

SYNCOPATED VINES

9-10 Step right to side step left behind right
&11 Step right on ball of foot, step left over right
12 Step right to right
13-14 Step left to left side, step right behind left
&15 Step left on ball of foot, step right across left
16 Touch left toes to left side
17-20 Step left across front of right, touch right to right side, step right across front of left, touch left to left side
21-22 Step left behind right - unwind ¾ turn to left
&23 Step right to side, step left to side
&24 Step right in place - step left in place

TOE STRUTS

25-28 Strut forward on right toe, heel and left toe, heel

ROGER RABBITS, COASTER STEP

&29 Scoot back on left hitching right - step back on right
&30 Scoot back on right hitching left - step back on left
& Scoot back on left hitching right
31-32 Step back on right, step left beside right, step forward right

REPEAT
