

Sex On The Beach

COPPER KNOB
BY STEPHEN M. T. S.

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Stompin Steve Knowles (UK)
音樂: Sex on the Beach - T-Spoon



Sequence: AB ACB AB AC

Start dance after initial rap when girls sing "I wanna have sex on the beach"

PART A

- 1-4 Step left to left thrust hips forward & back over 2 counts with arms bent at elbows pull back & forward with hip thrusts, touch right beside left, clap
- 5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 7-8 Step right to right, slide left up to right & step down beside right
- 9-12 Step right to right thrust hips forward & back over 2 counts with arms bent at elbows pull back & forward with hip thrusts, touch left beside right, clap.
- 13&14& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
- 15-16 Step left to left, slide right up to left & step down beside left
- 17-32 Repeat steps 1-16 finish with a touch on right beside left

PART B

- 1&2 Kick right forward, step slightly back on right, step forward on left
- 3&4 Rock step forward on right, rock back onto left, step right beside left
- 5-6 Step forward on left, pivot $\frac{1}{2}$ turn right
- 7&8 Triple step left, right, left, making a $\frac{1}{2}$ turn right
- 9-12 Step right to right, cross left behind right
- 11&12 Shuffle to right (right, left, right)
- 13-16 (Rolling vine left a full turn) step left a $\frac{1}{4}$ turn left, step right a $\frac{1}{2}$ turn left, step left a $\frac{1}{4}$ turn left, step right beside left
- 17-32 Repeat steps 1-16 starting on left foot
- 33-34 Rock step forward on right, rock back onto left
- 35&36 Triple step right, left, right making a $\frac{3}{4}$ turn right
- 37-38 Rock forward on left, rock back onto right
- 39&40 Step back on left, step right beside left, step forward on left (coaster step)
- 41&42 Shuffle forward right, left, right
- 43-44 Rock forward on left, rock back onto right.
- 45&46 Shuffle back left, right, left
- 47&48 Step back on right, step left beside right, step forward on right (coaster step)

PART C

- 1-8 (angle body to right) step right to right pull elbows back, step left beside right push arms forward, repeat twice more, step right to right, jump up bringing left beside right face front & clap.
- 9-16 (angle body to left) step left to left pull elbows back, step right beside left push arms forward, repeat twice more, step left to left, jump up bringing right beside left face front & clap.
- 17-32 Repeat steps 1-16