

# Lone's Beach

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kitty van der Westen (DK) - May 2008  
音樂: Some Beach - Blake Shelton



Intro: 16 counts

This dance is a birthday present for Lone, because she loves the music so much!!!!

## CHASSE RIGHT, ROCKSTEP, CHASSE LEFT, ROCKSTEP

1&2      Step R To Right Side, Close L Beside R, Step R To Right Side  
3-4      Rock Back On L, Rock Forward Onto R  
5&6      Step L To Left Side, Close R Beside L, Step L To Left Side  
7-8      Rock Back On R, Rock Forward Onto L

## KICK BALL STEP (2X), STEPS TURN LEFT, FULL TURN LEFT TRAVELLING FORWARD

1&2      Kick R Forward, Place R Beside L, Step L Forward  
3&4      Kick R Forward, Place R Beside L, Step L Forward  
5-6      Step Forward R, Turn ½ Left (Weight On L) (Facing 6:00)  
7-8      Turn ½ Left Stepping Back Onto R, Turn ½ Left Stepping Forward Onto L.

## SIDE ROCK, SAILORSTEP, CROSS ROCK, SHUFFLE ¼ TURN LEFT

1-2      Rock R To Right Side, Rock Back On L  
3&4      Step Right Behind Left, Step Left To Left, Step Right In Place.  
5-6      Cross L Over R, Rock Back Onto R  
7&8      Step L To Left Side, Close R Beside L, Step L To Left Side With A ¼ Turn To The Left  
(Facing 3:00)

## SIDE ROCK, CROSS SHUFFLE, STEP TOUCH (2x)

1-2      Rock R To Right Side, Rock Back Onto L  
3&4      Cross Right Over Left. Step Left To Left Side. Cross Right Over Left.  
5-6      Step L To Left Side, Touch R Beside L  
7-8      Step R To Right Side, Touch L Beside R

## OUT, OUT, IN, CROSS UNWIND, R SHUFFLE, ROCKSTEP

&1&2      Quickly Step L Out To Left Side, R To Right Side, L Back On Place, R Cross Over L  
3-4      Unwind Over 2 Counts ½ Turn Left (Weight On L) (Facing 9:00)  
5&6      Step Forward R, Step L To R, Step Forward R  
7-8      Step Forward L, Rock Back Onto R

## COASTERSTEP, ROCKING CHAIR, STEP TURN ½ LEFT

1&2      Step Back L, R Beside L, Step Forward L  
3-4      Step Forward R, Rock Back Onto L  
5-6      Step Back R, Rock Forward Onto L  
7-8      Step Forward R, Turn ½ Left (Weight L) (Facing 3:00)

RESTARTS: ON WALL 1 (FACING 3:00), WALL 3 (FACING 9:00), WALL 5 (FACING 3:00)

## HEEL SWITCHES, CLAP (2X), ROCKSTEP, COASTERSTEP

1&2      Touch R Heel Forward, R Beside L, Touch L Heel Forward  
&3&4      L Beside R, Touch R Heel Forward, Clap, Clap  
&5-6      R Beside L, Step Forward L, Rock Back Onto R  
7&8      Step Back L, R Beside L, Step Forward L

**SHUFFLE, STEP TURN ½ RIGHT, SHUFFLE, STEP TURN ½ LEFT**

1&2            Step Forward R, Step L To R, Step Forward R  
3-4            Step Forward L, ½ Turn R (Weight On R)  
5&6            Step Forward L, Step R To L, Step Forward L  
7-8            Step Forward R, ½ Turn L (Weight On L)

**Restart**

**Once you know the dance you can just enjoy the music!!!!**

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