

30-A Rocks!

拍數: 80 牆數: 2 級數: Upper Beginner
編舞者: Shanthie De Mel (AUS) - August 2011
音樂: Life Shines (The 30A Song) - Bryan Kennedy : (3:38)



Begin: Wt.on left foot.16 count Intro. Start on lyrics – “shines”
Note: this dance is done at half time. It has 80 counts to maintain phrasing.
The step groups are mirrored, with holds after each count. It’s not as hard as it looks!

Scenic Route 30-A is an 18-mile road that hugs the panhandle coastline (Gulf of Mexico) in Northwest Florida. Along this breath-taking drive you will see sugar-white sand beaches and some very rare coastal dune lakes. You will also discover a number of beach communities that are known for their relaxed, upscale lifestyle. Every beach along scenic Route 30-A is a Blue Wave Beach. 30-A is not a place, but a way of life!

Split floor dance to Intermediate dance FLORIDA SHINES by Shanthie De Mel, to the same music.

VINE RIGHT WITH HOLDS. HOOK. HOLD.

1, 2, 3, 4 Step R to right side. Hold. Step L behind R. Hold.
5, 6, 7, 8 Step R to right side. Hold. Hook L over R shin. Hold. (12:00)

STOMP. HOLD. TAP. HOLD. STEP. HOLD. HEEL. HOLD

1, 2, 3, 4 Stomp L fwd. Hold. Tap R toe behind L. Hold.
5, 6, 7, 8 Step R heel down. Hold. Touch L heel fwd. Hold. (12:00)

VINE LEFT WITH HOLDS. HOOK. HOLD.

1, 2, 3, 4 Step L to left side. Hold. Step R behind L. Hold.
5, 6, 7, 8 Step L to left side. Hold. Hook R over L shin. Hold.(12:00)

STOMP. HOLD. TAP. HOLD. STEP. HOLD. HEEL. HOLD

1, 2, 3, 4 Stomp R fwd. Hold. Tap L toe behind R. Hold.
5, 6, 7, 8 Step L heel down. Hold. Touch R heel fwd. Hold. (12:00)

ROCKING CHAIR WITH HOLDS

1, 2, 3, 4 Rock R fwd. Hold. Return L. Hold.
5, 6, 7, 8 Rock R back. Hold. Return L. Hold. (12:00)

SIDE. HOLD. SIDE. HOLD. CROSS. HOLD. POINT. HOLD

1, 2, 3, 4 Step R to right side with a sway. Hold. Step L to left side with a sway. Hold.
5, 6, 7, 8 Cross R over L. Hold. Point L to left side. Hold. (12:00)

ROCKING CHAIR WITH HOLDS

1, 2, 3, 4 Rock L fwd. Hold. Return R. Hold.
5, 6, 7, 8 Rock L back. Hold. Return R. Hold.(12:00)

SIDE. HOLD. SIDE. HOLD. CROSS. HOLD. POINT. HOLD

1, 2, 3, 4 Step L to left side with a sway. Hold. Step R to right side with a sway. Hold.
5, 6, 7, 8 Cross L over R. Hold. Point R to right side. Hold. (12:00)

FWD. HOLD. CLAP. HOLD. FWD. HOLD. CLAP. HOLD.

1, 2, 3, 4 Step R fwd. Hold. Clap. Hold.
5, 6, 7, 8 Step L fwd. Hold. Clap. Hold. (12:00)

RESTART HERE ON ROTATION 4, WHEN VOCALS BEGIN.

FWD. HOLD. CLAP. HOLD. PIVOT 1/2 LEFT. HOLD. HOLD. HOLD.

1, 2, 3, 4

Step R fwd. Hold. Clap. Hold.

5, 6, 7, 8

Turn 1/2 left on L. Hold. Hold for 2 counts. (6:00)
