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| Beach Therapy |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Bonita Malone (USA) - May 2021 | | | | |
| **Music:** | Beach Ain't One - Drew Baldridge | | | | |
| . | | | | | | |

**#16 count introduction - 1 Tag, 1 Restart**

**WEAVE W/POINT SIDE, SAILOR STEP 2X**

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| --- | --- |
| 1,2 | Step R cross frt (1), step L side (2) |

|  |  |
| --- | --- |
| 3,4 | Step R cross behind (3), point L side (4) |

|  |  |
| --- | --- |
| 5&6 | Step L cross behind (5), step R to R side (&), step L to L side (6) |

|  |  |
| --- | --- |
| 7&8 | Step R cross behind (7), step L beside R (&), step R side (8) |

**CROSS SHUFFLE, SIDE MAMBO, FRONT MAMBO, ROCK BACK, RECOVER**

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| --- | --- |
| 1&2 | Step L cross frt (1), ball R (&), step L cross frt (2) |

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| 3&4 | Rock R side (3), recover to L (&), step R next to L (4) |

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| --- | --- |
| 5&6 | Rock L fwd (5), recover on R (&), step L slightly back (6) |

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| 7,8 | Rock back on R (&), recover L (8) |

**\*RESTART Here facing 6:00 on Wall 3**

**HEEL BALLCHANGE, FWD SHUFFLE, STEP FWD, ½ PIVOT, R ¼ TURN L SIDE CHASSE'**

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| --- | --- |
| 1&2 | R heel tap fwd (1), R ball (&), step L slightly fwd (2) |

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| --- | --- |
| 3&4 | Step R fwd (3), step L next to R (&), step R fwd (4) |

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| --- | --- |
| 5,6 | Step L fwd (5), pivot ½ turn to R (6) [6:00] |

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| --- | --- |
| 7&8 | ¼ turn step L side (7), close R next to L (&), step L side (8) [9:00] |

**HEEL SWITCHES, ¼ PIVOT, HEEL SWITCHES 1/4 PIVOT**

|  |  |
| --- | --- |
| 1&2& | Heel tap R fwd (1), step R next to L (&), heel tap fwd (2), step L next to R (&) |

|  |  |
| --- | --- |
| 3,4 | Step R fwd (3), ¼ pivot to L (4) [6:00] |

|  |  |
| --- | --- |
| 5&6& | Heel tap R fwd (5), step R next to L (&), heel tap fwd (6), step L next to R (&) |

|  |  |
| --- | --- |
| 7,8 | Step R fwd (7), ¼ pivot to L (8) [3:00] |

**\*\*TAG\*\* After Wall 4 [9:00]**

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| --- | --- |
| 1,2& | ¼ turn step R to face [12:00] Hands and shoulder gesture "What?"(1), hold (2), ¼ turn step L (&) returns you to face [9:00] |

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**https://www.facebook.com/linedancesbyBonita**