

Coast to Coast

Compte: 48

Mur: 2

Niveau: Phrased Intermediate

Chorégraphe: Krista Young (USA) & Ashley Boomershine (USA) - July 2024

Musique: Space Ghost Coast To Coast - Glass Animals



Intro: 32 counts, start with lyrics

Phrasing: A, A, B, A, A, Tag, B, A, A

*Second half of B is the same as second half of A

Phrase A

[1-8] Walk x2, Heel Grind $\frac{1}{4}$ Turn, Slide, Camel Walk x2, Rock-Recover Cross

1-2 Step fwd on RF, step fwd on LF

3&4 Step R heel fwd in front of LF, grind heel with $\frac{1}{4}$ turn R stepping back on LF, slide back on RF (3:00)

5-6 Step fwd onto LF popping R knee, step fwd onto RF popping L knee

7&8 Step LF to L side, recover onto RF, cross LF in front of RF

[9-16] Walk x2, Mambo Step Together, Step Touch Swivel x2, Rock-Recover Point

1-2 Step fwd on RF, step fwd on LF

3&4& Step fwd on RF, recover on LF, step back on RF, step LF next to RF

5&6& [With bent knees] turn $\frac{1}{8}$ R while stepping RF diagonally fwd, touch LF next to RF, step LF diagonally fwd, touch RF next to LF (4:30)

7&8 Step fwd on RF, recover onto LF, turn $\frac{1}{8}$ R while pointing RF to R side [prepping for full turn] (6:00)

[17-24] Full Turn, Step, Toe Heel Body Roll, Heel Tap x2, Shuffle

1-2 Full turn over R shoulder on RF, step LF to L side

3&4 Swivel toes inward, swivel heels inward, body roll from bottom up

5&6& Touch R heel fwd, step RF next to LF, L heel fwd, step LF next to RF

7&8 Turn $\frac{1}{8}$ R stepping RF fwd, step LF next to RF, step RF fwd (7:30)

*On 7&8, keep knees bent and lift shoulders RLR

[25-32] Cross Unwind, Body Roll Hitch x2, Kick Ball Tap x2

1-2 Cross LF in front of RF, $\frac{3}{8}$ unwind over R shoulder (12:00)

&3&4 Start body roll shifting weight to R side, finish body roll sitting into R hip & hitching L knee, step LF down & start body roll shifting weight to L side, finish body roll sitting into L hip & hitching R knee

5&6 Turn $\frac{1}{8}$ L kicking RF fwd (10:30), step RF next to LF, turn $\frac{1}{8}$ L pointing LF to L side (9:00)

7&8 Turn $\frac{1}{8}$ L kicking LF fwd (7:30), step LF next to RF, turn $\frac{1}{8}$ L pointing RF to R side (6:00)

Phrase B

[1-8] Cross Drag, Shoulder Roll, $\frac{1}{2}$ Turn R, Shoulder Roll

1-2 Cross RF in front of LF, drag LF towards RF [pull R arm across body]

3-4 [With bent knees] step LF to L side & roll shoulders R to L

5-6 Cross RF behind LF, straighten legs & turn $\frac{1}{2}$ over R shoulder (6:00)

7-8 Bend knees & drop head back & roll shoulders R to L

*Feel free to really make this section your own!

[9-16] Cross Rock-Recover x2, Pony, Point

1-2& Cross RF in front of LF, step LF to L side, recover onto RF

3-4& Cross LF in front of RF, step RF to R side, recover onto LF

- 5-6& Turn 1/8 L stepping RF fwd (4:30), step LF under RF hitching R knee, press R ball of foot into ground slightly lifting LF, step LF down hitching R knee (pony)
 7-8 Turn 1/8 R pointing RF to R side [prepping for full turn] (6:00)

***Second half of B is the same as second half of A**

[17-24] Full Turn, Step, Toe Heel Body Roll, Heel Tap x2, Shuffle

- 1-2 Full turn over R shoulder on RF, step LF to L side
 3&4 Swivel toes inward, swivel heels inward, body roll from bottom up
 5&6& Touch R heel fwd, step RF next to LF, L heel fwd, step LF next to RF
 7&8 Turn 1/8 R stepping RF fwd, step LF next to RF, step RF fwd (7:30)

***On 7&8, keep knees bent and lift shoulders RLR**

[25-32] Cross Unwind, Body Roll Hitch x2, Kick Ball Tap x2

- 1-2 Cross LF in front of RF, 3/8 unwind over R shoulder (12:00)
 &3&4 Start body roll shifting weight to R side, finish body roll sitting into R hip & hitching L knee, step LF down & start body roll shifting weight to L side, finish body roll sitting into L hip & hitching R knee
 5&6 Turn 1/8 L kicking RF fwd (10:30), step RF next to LF, turn 1/8 L pointing LF to L side (9:00)
 7&8 Turn 1/8 L kicking LF fwd (7:30), step LF next to RF, turn 1/8 L pointing RF to R side (6:00)

Tag

[1-10] MOSTLY IMPROV

- 1-2-3 Pick a pose & hold or bounce
 4 y&a5&6&7&8& This is your time to shine! Improv with a syncopated body roll, shoulder roll, fast footwork, etc.
 9 Hold
 &10 Hitch R knee up & lift RF to R so that the shin is parallel to the floor, snap the RF under R knee to return to natural hitch position

****Anytime you hear the quick beats (which mainly occur during Phrase B and the Tag) feel free to really improv some cool body movement and/or fast footwork!**

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