

Heels on the Beach

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Diana Oglesby (USA) - October 2022
音乐: High Heels - Flo Rida & Walker Hayes



Intro: 16 Counts (start on the word "billion"), start with weight on L
No Tags, No Restarts

S1 (1-8) SWIVEL R FOOT TO R FOR 4 COUNTS, SWIVEL R FOOT TO CENTER FOR 4 COUNTS

1-4 Swivel R foot to R side (toes-heel-toes-heel) (1-4)
5-8 Swivel R foot back to center (heel-toes-heel-toes) (5-8)

S2 (9-16) VINE R, TOUCH L HEEL FWD, SWIVEL TOES IN-HEEL IN-TOES IN-HEEL IN

1-4 Step R side (1), cross L behind (2), step R side (3), touch L heel diagonally forward (4)
5-8 Touch L toes in (5), touch L heel in (6), touch L toes in (7), touch L heel in (8) (foot is still extended diagonally forward as you swivel your foot)

S3 (17-24) STEP L SIDE, CROSS R BEHIND, TURN ¼ R and STEP L SIDE, STEP R TOGETHER, SWIVEL HEELS OUT-IN-OUT-IN

1-4 Step L side (1), cross R behind (2), turn ¼ R and step L side (3), step R together (4)
5-8 Swivel heels out-in-out-in (5-8) (3:00)

S4 (25-32) R ROCKING CHAIR, STEP R FWD, TOUCH L TOGETHER, STEP L FWD, TOUCH R TOGETHER

1-4 Rock R forward (1), recover to L (2), rock R back (3), recover to L (4)
5-8 Step R forward (5), step L together (6), step L forward (7), touch R together (8)

REPEAT

The dance ends 4 counts into wall 9. You will be facing 12:00 and will only have time to do the first 4 swivels in S1 to end dance.: