

Coast

拍数: 32 墙数: 2 级数: Improver
编舞者: Larry Pizzini Jr. (USA) - January 2025
音乐: Coast (feat. Anderson .Paak) - Hailee Steinfeld



Intro: 16 counts

L ¼ Step, Hitch ¼ Sweep, Shuffle L-R-L, Rock , Recover, Kick-Ball-Change

1,2 Make a 1/4 turn left while stepping RF right, hitch left knee sweeping outward making ¼ turn left
3&4 Step back on LF, step RF next to LF, step LF back
5,6 Rock back on RF, recover on LF
7&8 Kick RF forward, step center on ball of RF, change weight to LF

L ¼ Turn Rock, Recover, Step, Rock, Recover, Step, Step Knee Roll, Step Knee Roll, R ¼ Turn Shuffle

1,2& Make a ¼ left rocking right on RF, recover on LF, step RF next to LF
3,4& Rock left on LF, recover on RF, step LF next to RF
5,6 Press right toe forward rolling knee out, press left toe forward rolling knee out
7&8 Make a ¼ turn right stepping RF forward, step LF next to RF, step RF forward

Heel, Step, Toe, L Heel Jack, Step, Step, Rock, Recover, Shuffle

1&2& Touch L heel forward, step LF next to RF, touch R toe next to LF, step RF back
3&4 Touch L heel forward, step LF next to RF, step RF forward
5,6 Rock forward on LF, recover on RF
7&8 Step LF back, step RF next to LF, step LF back

Toe Press, Body Roll, Toe Press, Body Roll, Rock, Recover, L ½ Turn Step, L ½ Turn Step

1,2& Press right toe back, body roll back while dropping right heel, step LF next to RF
3,4& Press right toe back, body roll back while dropping right heel, step LF next to RF
5,6 Rock back on RF, recover on LF
7,8 Make a ½ turn left stepping back on RF, make a ½ turn left stepping forward on LF

No tags or restarts!!
