

West Coast Dreamin'

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Laura Hannele Pitkänen (FIN) - June 2022
音樂: West Coast - OneRepublic : (Single album: West Coast)



There's one little TAG to get you smoothly through a 4 count silence in the track.
Start with the heavy beat, approx. 25 sec into the track.
The first verse starts: "I've been starin' up...", start on the word "up".

[1-8]: Step Fwd, Step Together, Step Fwd, Rock-Recover, Step Back

1 - 2 Step R fwd (1), Hold (2).
& 3 - 4 Step L bsd R (&), Step R fwd (3), Hold (4).
5 - 6 Rock L fwd (5), Recover R (6).
7 - 8 Step L back (7), Hold (8).

[9-16]: Step Back, Step Together, Step Back, Rock-Recover, Step Fwd & Hitch

1 - 2 Step R back (1), Hold (2).
& 3 - 4 Step L bsd R (&), Step R back (3), Hold (4).

Styling option for counts 1-2 and 3-4: Bodyrolls x2

5 - 6 Rock L back (5), Recover R (6).
7 - 8 Step L fwd (7), Hitch R (8).

Styling option for the Hitch on count 8: Shoulder Pops x2

& Pop L shoulder fwd as you start the Hitch with RF,
8 Pop R shoulder fwd and L shoulder back and hold the Hitch up.

[17-24]: Cross-Point x2, Syncopated Jazz Box with ¼ turn, Step to side

1 - 2 Cross R over L (1), Point L to L (2).
3 - 4 Cross L over R (3), Point R to R (4).
5 - 6 Cross R over L (5), Step L back (6).
& 7 - 8 Turn ¼ right stepping R to right (&), Cross L over R (7), Step R to right startin a vine (8).

[25-32]: Syncopated Vine, Unwind ½ Turn with 2 bounces, Hip Bump x2 RL, Hitch

1 - 2 Step L bhd R (1), Hold (2).
& 3 - 4 Step R to right (&), Cross L over R keeping weight centered (3), Hold (4).
5 - 6, Unwind ¼ to right bouncing both feet (5), repeat count 5 (6) (Weight ends on L). TAG
COMES HERE ON WALL 10
7 & 8, Step R to right with a hip bump to right (7), Recover weight to L with a hip bump to left (&),
Hitch R (8).

Start again.

TAG: when music fades away [just add 2 sways between unwind ½ turn (5-6) and Hip Bumps & Hitch (7&8)],
TAG comes facing 6:00, at the end of wall 10 (and the wall starts facing 9:00)

Slow Sways RL, Hip Bumps RL, Hitch

1 - 2 Step R to right with a sway to right,
3 - 4 Sway to left,
5 & 6 Hip bump to right, hip bump to left, Hitch R.

(The next verse starts with lyrics: "I've been dreamin' 'bout the west coast", The beat comes back on the word "west" on count 1.)

OPTIONAL ENDING (counts 7 & 8), instead of Hip Bumps x2 RL & Hitch:

you can step R out to right side (7) and clap twice (& 8) (like the UFO does on the music video).

Have fun!
