

I Could Use a Beach

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Cathy Garland (USA) - May 2025
音樂: I Could Use a Beach (Reggae Remix) (feat. Zion I) - Claire Wright



Intro: 16 cts (approx. 12 sec.) Start on Lyrics

WALK FORWARD MAMBO, WALK BACK COASTER (12:00 – 12:00)

1-2 Walk forward R(1) L(2)
3&4 Rock forward on R(3), Recover on L(&), Step R back(3)
5-6 Walk back L(5), R(6)
7&8 Step back on L(7), Step R next to L(&), Step forward on L(8)

LOCK STEPS R L, ½ PIVOT X2 (12:00 – 12:00)

1&2 RF forward(1), Close L behind R(&), RF forward(2)
3&4 LF forward(3), Close R behind L(&), LF forward(4)
5-6 Step RF forward(5), ½ turn over L shoulder keeping weight on L(6)
7-8 Step RF forward(7), ½ turn over L shoulder keeping weight on L(8)

(Non-turning option on pivots: R Rocking Chair)

RESTART (16 cts): Wall 3 (6:00)

MAMBO CROSS & FLICK, SWAYS, ¼ TURN R, SLIDE INTO KNEE POPS (12:00 – 3:00)

1&2& Cross RF over L(1), Recover on L(&), Step RF to R(2), Flick LF behind R(&)
3-4 Step LF to L swaying hips L(3), Sway hips R(4)
5-6 ¼ turn R, Sit back on L popping R knee(5), Slide R back next to L popping L knee(6)
7&8 Pop knees R(7) L(&) R(8)

MAMBOS R L, REVERSE RUMBA BOX (3:00 – 3:00)

1&2 Rock R to side(1), Recover on L(&), Step R next to L(2)
3&4 Rock L to side(3), Recover on R(&), Step L next to R(4)
5&6 Step RF to R(5), Touch L next to R(&), Step RF back(6)
7&8 Step LF to L(7), Touch R next to L(&), Step LF forward(8)
