

Beach Therapy

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Bonita Malone (USA) - May 2021

Music: - Drew Baldrige

Intro: 32 Counts

Sequence: A, Tag 1, B, Tag 2, A, Tag 1, B, Tag 2*, B*, B, Tag 2

Part A:

[1-8] Fwd, Rock ½ L, Full Turn, ¼ Turn, weave, Cross Rock, Side, Cross

1,2& Step R fwd, Rock fwd L, Recover weight R

3,4&1/2 L Stepping L fwd, ½ L Stepping R back, ½ L Stepping L fwd (6.00)

5,6&1/4 L Stepping R to R side, Step L behind R, Step R to R side

7&8& Rock L across R, Recover weight R, Step L to L side, Step R across L (3.00)

[9-16] Nightclub Basic, Spiral ¾, Runaround, Cross, Side Rock, Cross

1,2& Step L to L side, Rock R slightly behind L, Recover weight L

3,4&5 Step R to R side Spiral turning ¾ L, Runaround ½ L Stepping L, R, L

6,7,8& Cross R over L, Rock L to L side, Recover weight R, Step L across R (12.00)

[17-24] Diamond, Nightclub Basic, Full Turn

1,2& Step R to R side, 1/8 L stepping L back, Step R back

3,4&1/8 L stepping L to L side, 1/8 L stepping R fwd, Step L fwd

5,6,7 Step R to R side, L slightly behind R, Step R across L

8& 1¼ R stepping L back, ½ L stepping R fwd (1/4 L Stepping L to L side to start Nightclub Basic count 1) (6.00)

[25-32] Nightclub Basic, Vine ¼ R, Pivot ½ R, Step Fwd, Full Turn

1,2& Step L to L side (finishing full turn), Rock R slightly behind L, Recover L

3,4& Step R to R side, Step L behind R, 1,4 R stepping R fwd

5,6,7 Step L fwd, Pivot ¼ R weight R, Step L across R

8&1¼ L Stepping R back, ½ L Stepping L fwd, ¼ L Stepping R to R side

(Count 1 will start a Nightclub Basic)

Tag 1: 8 Counts

[1-8] Nightclub Basic R and L, ¼ R, ½ Pivot, ¼ Sway LR

1,2& Step R to R Side, Rock L slightly behind R, Recover R

3,4& Step L to L Side, Rock R slightly behind L, Recover L

5,6&¼ R Stepping R fwd, Step L Fwd, Pivot ½ R (9.00)

7,8¼ R Stepping L to L Side while swaying to L, Sway to R

(Tag 1 is always danced after part A)

Part B

[1-8] Prep ¼ L, 1 ½ Turn R, Cross, Side, Back 1/8, Back RL, Sway

1,2&3 Sway L rotating upper body to face ¼ L, 1 ½ Turn R Stepping RLR letting L foot sweep from back to front (3.00)

4&5 Step L across R, Step R to R Side, 1/8 L Step L back with a slight releve Pointing R toe fwd allowing R foot to rise slightly off the floor (1.30)

6& Step R back, Step L back

7,8 Step R back swaying back, Sway fwd weight L (allow the upper body to rotate right and L as you sway as if looking to the back and front. Finishing with upper body rotated to the front) (12.00)

[9-16] Full Turn with Ronde, Weave side rock Cross, Side rock cross x2

1 Full turn R on the L foot, allowing R foot to sweep from front to back

2&3 Step R behind L, L to L side, R across L

&4& Rock L to L side, Recover R, Step L across R

5,6&* Rock R to R side (slight elevation onto ball of foot), Recover L, Step R across L

7,8& Rock L to L side (slight elevation onto ball of foot) Recover R, Step L across R

B* short wall, dance up until 6&, then Sway L and R, and Restart B

[17-24] Diamond, Arabesque 3/8 turn, ½ Turn, ¼ Turn Nightclub Basic

- 1,2&** Step R to R side, make 1/8 turn L stepping L back diagonal, step R back diagonal
- 3,4&** Make 1/8 turn L stepping LF to L (9.00) 1/8 L stepping RF forward, step LF forward (7.30)
- 5,6&** Make 3/8 turn L lifting RF back (or touch RF back) step back on RF, make 1/2 turn L stepping LF forward

7,8&¼ R stepping R to R side, Rock L slightly behind R, Recover weight R (6.00)

[25-32] Vine L, Pivot ½ L, Full Turn with Ronde, Behind-Side-Cross, Step

- 1,2&** Step L to L side, Step R behind L, Step L to L side
- 3,4** Step R fwd, Pivot ½ L weight L (12.00)
- 5** Full turn R on the L foot, allowing R foot to sweep from front to back
- 6&7** Step R behind L, L to L side, R across L, sweeping L foot back to front
- 8** Step L across R

Tag 2: 16 Counts

[1-8] Nightclub Basic R and L, ¼ R, ½ Pivot, ¼ Sway LR

- 1,2&** Step R to R Side, Rock L slightly behind R, Recover R
- 3,4&** Step L to L Side, Rock R slightly behind L, Recover L

5,6&¼ R Stepping R fwd, Step L Fwd, Pivot ½ R (9.00)

7,8¼ R Stepping L to L Side while swaying to L, Sway to R

(Tag 2 is always danced after part B)

[9-16] - Repeat counts 1 - 8 on the L side

Tag 2* The second time the tag is danced replace sway RL with a side drag to the R. Then restart B

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