

West Coast

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Count: 32 **Wall:** 2 **Level:** novice - Smooth - West coast swing

Choreographer: Shauni Dankers (BE) November 2019

Music: 'West Coast' - Lyfes ft. Layton (117 BPM) - Non-country

Start: after 32 counts

[1-8] WALK R - L, SIDE ROCK WALK R-L, TURN 1 ¼

1RF step forward

2LF step forward

&RF rock to the R side

3 Recover back on LF

4RF step forward

5LF step forward

6 Turn ½ to right side (6:00), put weight on RF

7 Turn ½ to right side (12:00), LF step backward

8 Turn ¼ to right side (3:00), RF step to R side

[9-16] CROSS, SIDE, CROSS, SIDE ROCK, CROSS, SIDE, CROSS, CLOSE

1 Cross LF over RF

2RF step R

3 Cross LF over RF

&RF rock to the right side

4 Recover back on LF

5 Cross RF over LF

6LF step L

7 Cross RF over LF

8LF close next to RF

[17-24] WALK R, TURN ¼ , WEAVE, BODYROLL X2, FLICK

1RF step forward

2 Turn ¼ to the right (6:00) and LF step to the left side

3 Cross RF behind LF

&LF step to L side

4 Cross RF over LF

5-6LF Step diagonal forward (4:30) make a forward bodyroll over to R

7-8 Repeat bodyroll, end with weight on RF end flick LF

[25-32] JAZZ BOX X2, ROCK BACKWARD, SPIRAL TURN X2

1LF cross over RF

&RF step backward

2 Step LF to side

3RF cross over LF

&LF step backward

4 Step RF next to LF

5LF rock backward

6 Recover back on RF

7LF step forward, full turn right side (weight on LF), sweeping RF from back to front

&RF step forwards

8LF step forward, full turn right side (weight on LF), sweeping RF from back to front

TAG: AFTER WALL 4

1RF step forward

2LF rock forward

& Recover back on RF

3LF step backward

4RF rock backward

& Recover back on LF

HAVE FUN!

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