

Life's A Beach

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Gail A. Dawson (5/2015)

Music: Life's A Beach by Heymous Molly

Intro 24 counts

Walk, Walk, Walk, Swivel, Rock, Step, Rock, Step

- 1-2 Step R forward, step L forward
- 3&4 Step R beside L, swivel both heels R then L
- 5&6 Rock L to L, recover R, cross L over R
- 7&8 Rock R to R, recover R, cross R over L (12:00)

Rock, Syncopated Vine, Rock, Syncopated Vine with $\frac{1}{4}$ Turn

- 1-2 Rock L to L, recover R
- 3&4 Cross L behind R, step R to R, cross L over R
- 5-6 Rock R to R, recover L
- 7&8 Cross R behind L, Turn $\frac{1}{4}$ L, stepping L forward, Step R forward (9:00)

Touch, Touch, Sailor Step, Touch, Touch, Sailor Step

- 1-2 Touch L forward, touch L to L
- 3&4 Cross L behind R, step R to R, step L to L
- 5-6 Touch R forward, touch R to R
- 7&8 Cross R behind R, step L beside R, step R to R (9:00)

** Restart Here on 3rd Wall - On Restart - Sailor $\frac{1}{4}$ turn to 12:00

(Fun Styling Option: During the Sailor Steps, make breast stroke swim motion)

Step, Pivot $\frac{1}{2}$, Step Pivot $\frac{1}{4}$, L Toe Circle, Step, R Toe Circle, Step

- 1-2 Step L forward, turn $\frac{1}{2}$ R, stepping R in place
- 3-4 Step L forward, turn $\frac{1}{4}$ R, stepping R in place
- 5-6 Touch L forward, draw counter-clockwise "circle in the sand", Step L next to R
- 7-8 Touch R forward, draw clockwise "circle in the sand", Touch R next to L (6:00)

**** Tag A (8 counts) after Wall 1**

- 1-4** Place hand on each side of head and roll counter-clockwise twice
- 5&6&** Swivel R toe to R, Swivel R heel to R, Swivel R toe to R, Swivel R heel to R
- 7-8** Draw R towards L, Touch R next to L

**** Tag A+ Add (4 counts Arms) after Wall 7**

- 1-2** Raise R hand over head, raise L hand over head
- 3-4** Pump both hands over head twice

Contact: Gail A. Dawson - free2bgad@gmail.com

Last Update - 14th May 2015