

Presented by Country & Western Dance Club Burnin' Heels
Walter & Marie-Therese Lüthi
National Teachers Association of Country Western Dance
Accredited Fundamentals, Line Dance I & Line Dance II Level Instructors



Life's A Beach

Choreographers: Audrey Watson (Jan 08)
Description: 32 Count - 4 Wall Line Dance
Level: Beginner/Intermediate
Music: Life Is A Beach by The Bellamy Brothers

16 count intro

LEFT SIDE ROCK, BACK ROCK. SIDE CLOSE. CHASSE LEFT

1 -2 Rock left to left side. Recover onto right
3 - 4 Rock back on left. Recover onto right
5 - 6 Step left to left side. Step right beside left
7 & 8 Step left to left. Step right beside left. Step left to left (12 o'clock)

TOUCH ACROSS, SWEEP 1 / 4 RIGHT. RIGHT CHASSE. TOUCH ACROSS, SWEEP. LEFT SAILOR STEP

9 - 10 Touch right toe across left foot (towards left diagonal). Sweep right toe round to right side making 1 / 4 turn right (weight on left foot) - (3 o'clock)
11 & 12 Step right to right side. Step left beside right. Step right to right
13 - 14 Touch left toe across right foot (towards right diagonal). Sweep left toe round to left side
15 & 16 Step left behind right. Step right to right. Step left to left

RIGHT CROSS ROCK, RIGHT CHASSE. LEFT CROSS ROCK. SHUFFLE 1 / 2 TURN LEFT

17 - 18 Cross rock right over left. Recover onto left
19 & 20 Step right to right side. Step left beside right. Step right to right
21 - 22 Cross rock left over right. Recover onto right
23 & 24 Shuffle 1 / 2 turn left stepping left, right, left (9 o'clock)

SWAY FORWARD, BACK. STEP LOCK. STEP-LOCK-STEP

25 - 26 Rock forward on right foot swaying hips forward. Recover onto left
27 - 28 Rock back on right foot, swaying hips back. Recover onto left
29 - 30 Step forward on right. Lock left behind right
31 & 32 Step forward on right, lock left behind right, step forward on right

Begin Again