



Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

## Life's A Beach

32 count, 4 wall, beginner/intermediate level  
Choreographer: Gaye Teather (UK) May 2004  
Choreographed to: Life Is A Beach by Bellamy Brothers - By Request (115 bpm); Playa Silencio by Dave Sheriff (110 bpm); Lovers Live Longer by Bellamy Brothers

---

16 count intro (64 count intro. Start on vocals) (16 count into)

### **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