

**Life's A Beach**

32 Count, 2 Wall, Improver

Choreographer: Gail A. Dawson, (May 2015)

Choreographed to: Life's A Beach by Heymous Molly

**Intro 24 counts after the initial drums****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

**\*\* (Tag here on 8th wall and restart)****Rock, Syncopated Vine, Rock, Syncopated Vine with 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, step L to L, step R turning 1/4 L

**Touch, Touch, Coaster, Touch, Touch, Coaster**

- 1-2 Touch L forward, touch L to L  
3&4 Step L back, step R beside L, step L forward  
5-6 Touch R forward, touch R to R  
7&8 Step R back, step L beside R, step R forward

**Step, Pivot 1/2, Step Pivot 1/4, Touch, Touch**

- 1-2 Step L forward, turn 1/2 R  
3-4 Step L forward, turn 1/4 R  
5-6 Touch L forward (optional hip roll to L), step L next to R  
7-8 Touch R to R (optional hip roll to R), touch R next to L

**\*\* Tag 4 counts**

- 1-2 Step R back diagonally, tap L next to R  
3-4 Step L back diagonally, tap R next to L

**Restart****Ends with 1st 8 to the front, rock to the left.**