

THE BEACH

[La Playa]



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Music : Basis Music CD James Last "Guitar A Gogo" Track 6 or available from choreographer on MP3 file or others e-mail : d-doi@tcp-ip.or.jp
Rhythm : Rumba Phase IV + 2 [Open Hip Twist, Cross Basic]
Sequence : A - A - B - A - Ending
Timing : QQS unless noted by side of measure **Speed** : 27 MPM [10% Tempo Up]
Footwork : Opposite except where noted
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INTRO

Hndshk Pos fc Wall lead ft free wait 2 meas;;

PART A

1 - 4 OPN HIP TWIST; OVRTRND FAN TO FC; W FWD SWVL TO ALEMANA;;

- 1 {Open Hip Twist} Fwd L, rec R, cl L,- (W bk R, rec L, fwd R with tention to R arm to swivel 1/4 RF,-) end L-Shape M fc Wall W fc LOD jnd R hnds IF of W and W's L arm extended fwd over jnd hnds;
- 2 {Overturned Fan To Face} Bk R, rec L trn 1/4 LF, fwd R,- (W fwd L comm roll LF, bk R cont roll to fc LOD, fwd L,-) end Tandem LOD both R hnds jnd low;
- 3-4 {W Forward Swivel To Alemana} Fwd L, rec R release R-R hnds and jn lead hnds, cl L trn RF to fc Wall,- (W fwd R swivel 1/2 RF to fc ptr, fwd L, fwd R cont trn to fc COH pt L sd,-) end LOP Fcg Wall;
bk R, rec L, sd R blend to Bfly,- (W XLIF twd LOD comm trn RF, cont trn under jnd lead hnds fwd R twd DRW, cont trn to fc ptr sd L,-) end Bfly Wall;

5 - 8 HND TO HND M IN 4; CIRCULAR FRONT VINE 4; OPPOSITE FENCE LINE; CIRCULAR FRONT VINE 4;

- QQQQ 5 {Hand To Hand M In 4 To Bfly} Trn LF to OP LOD bk L, rec R trn bk to fc ptr, sd L, rec R (W trn RF bk R, rec L trn bk to fc ptr, sd R,-) end Bfly Wall both L ft free;
- QQQQ 6 {Circular Front Vine 4} [same footwork thru meas 9] XLIF, sd R, XLIB, sd R to fc COH;
- QQQQ 7 {Opposite Fence Line} Cross lunge thru L with bent knee, rec R, sd L,-;
- QQQQ 8 {Circular Front Vine 4} Repeat meas 6 on opposite ft to fc Wall;

9 - 12 OPPOSITE FENCE LINE; SPOT TRN M IN 4; NY; DBL UNDERARM TRN;

- 9 {Opposite Fence Line} Repeat meas 7 on opposite ft;
- QQQQ 10 {Spot Turn M In 4} Release hnds XLIF trn 3/4 RF, rec R cont trn to fc Wall, sd L, rec R (W XLIF trn 3/4 RF, rec R cont trn to fc ptr, sd L,-) end LOP Fcg Wall lead ft free;
- 11 {New Yorker} Thru L with straight leg trn RF to LOP RLOD, rec R trn bk to fc ptr, sd L,-;
- 12 {Double Underarm Turn} Raise jnd lead hnds XRIF trn 3/4 LF under jnd hnds, rec L cont trn to fc Wall, sd R blend to CP,- (W XLIF trn 3/4 RF under jnd hnds, rec R cont trn to fc ptr, sd L,-) end CP Wall;

“The Beach”

(Continued)

13 - 16 CROSS BASIC;; MOD CHASE w/UNDERARM TRN;;

- 13-14 {Cross Basic} XLIF flex knee comm trn 1/4 LF, rec R cont trn to fc LOD, sd L,-; XRB flex knee comm trn LF, rec L cont trn to fc COH, sd R,- blend to LOP Fcg COH;
15-16 {Modified Chase With Underarm Turn} Fwd L trn 1/2 RF keep lead hnd jnd low, rec R, fwd L,- (W bk R, rec L, fwd R,-); bk R, rec L lead W to underarm trn, fwd R release jnd lead hnds and jn R-R hnds,- (W fwd L, fwd R trn 1/2 LF under jnd lead hnds, bk L,-) end Hndshk Wall;

REPEAT PART A

PART B

1 - 4 SHAD BRK; AIDA; SWITCH RK TO 1/2 OP; SYNC WK w/SWITCH;

- 1 {Shadow Break} Trn LF (W RF) to fc LOD bk L keep R hnds jnd and across IF of W and W's free arm extended behind M, rec R to fc ptr, sd L,-;
2 {Aida} Thru R comm trn RF, release jnd R-R hnds and jn lead hnds sd L cont trn, bk R,- end Aida Line Pos fc RLOD;
3 {Switch Rock To Half Open} Trn LF to fc ptr bring jnd hnds thru blend to Bfly rk sd L, rec R, rec L to Half OP LOD,-;
QQ&S 4 {Syncopated Walk With Switch} Fwd R, L/R, L trn sharply RF to Left Half OP RLOD,-;

5 - 8 BK BRK; SYNC WK w/SWITCH; BK BRK; FAN;

- 5 {Back Break} Bk R, rec L, fwd R,-;
QQ&S 6 {Syncopated Walk With Switch} Repeat meas 4 Part B on opposite ft to opposite direction end Half OP LOD;
7 {Back Break} Repeat meas 5 Part B on opposite ft to opposite direction;
8 {Fan} Fwd R trn RF to fc Wall, cl L, sd R,- (W fwd L, fwd R trn LF to fc RLOD, sd & bk L,-) end Fan Pos M fc Wall;

9 - 12 ALEMANA LEAD; SPOT TRN M IN 4; SLO X SWVLS; W SWVLS;

- 9 {Alemana Lead} Fwd L, rec R, cl L,- (W cl R, fwd L, fwd R trn LF to fc ptr pt L sd,-);
QQQQ 10 {Spot Turn M In 4} Xrif trn 3/4 LF, rec L cont trn to fc Wall, sd R, rec L blend to Bfly (W XLIF trn 3/4 RF, rec R cont trn to fc ptr, sd L,-) end Bfly Wall both R ft free;
(QQS) 11 {Slow Cross Swivels} [same footwork] Xrif, swivel RF on R to fc DRW (W fc DLC) pt L sd, XLIF, swivel LF on L to fc DLW (W fc DRC) pt R sd;
QQQQ 12 {W Swivels} Hold in firm Bfly,--- (W Xrif swivel RF on R, XLIF swivel LF on L, Xrif swivel RF on R pt L sd,-) end Bfly Wall trail ft free;

13 - 16 UNDERARM TRN W OVRTRN IN 4 SHAD; FENCE LINE; BK LUNGE w/CARESS; HCKY STCK END M TRANS;

- (QQQQ) 13 {Underarm Turn W Overturn In 4 To Shadow} Xrib, rec L, sd R,- (W XLIF trn 3/4 RF under jnd lead hnds, rec R cont trn to fc ptr, sd L cont trn to fc Wall, sd R to place M's right sd,-) end Shadow Wall both L ft free;
SS 14 {Fence Line} [same footwork] XLIF with bent knee look DRW, rec R, sd L,-;
15 {Back Lunge W Caress} Bk & sd R with lunge action M's L hnd on W's L upper arm both look at ptr,--, W's R hnd caressing M's left cheek without contact,--;
SS 16 {Hockey Stick Ending M Transition} Rec L,-, fwd R jn R-R hnds,- (W rec L, fwd R trn LF to fc ptr, bk L,-) end Hndshk Wall;

REPEAT PART A

END

1 - 6 FWD BASIC TO SHAD; WHEEL 6;; HCKY STCK END;
1/2 BASIC; CRAB WK TO CHAIR;

- 1 {Forward Basic To Shadow} Fwd L, rec R, sd & fwd L pulling jnd R-R hnds to lead W to trn to Shad,- (W bk R, rec L, fwd R trn 3/8 LF,-) end Shad DRW;
- 2-3 {Wheel 6} Wheel RF fwd R, L, R,-; L, R, L,- (W bk L, R, L,-; R, L, R,-) end Shad Wall;
- 4 {Hockey Stick Ending} Bk R, rec L, fwd R,- (W fwd L, fwd R trn LF to fc ptr, bk L,-) end LOP Fcg Wall;
- 5 {Half Basic} Fwd L, rec R, sd L blend to Bfly,-;
- 6 {Crab Walk To Chair} Lower body swivel LF but upper body remains fcg Wall fwd R, sd L with lower body, cross lunge thru R with bent knee look LOD,-;