

I'll B Seaside

Count: 64

Wall: 2

Level: High Beginner Phrased

Choreographer: Heather-Zara Shepherd (AUS) - August 2026

Music: Seaside - Sofia Reyes, Diane Warren, Rita Ora & Reik



A 32 B 32

Start on Vocals

A and B (3 x B -Chorus)

1 Restart

A

WALK FWD, LOCK SHUFFLE, ROCK SHUFFLE, RECOVER, COASTER CROSS

1-2-3&4 Walk fwd R L, R Lock Shuffle

5-6-7&8 Rock fwd L, Recover R, Coaster Cross L R L

FWD RHUMBA BOX

1-2-3&4 Step R to Side, Step L together R, Step Fwd R L R

5-6-7&8 Step L to Side, Step R together L, Step Back L R L

***RESTART First Time 6.00 after RHUMBA BOX**

B After RHUMBA BOX (chorus) 6.00, 12.00 and 6.00

BACK TOE HEEL, SHUFFLE BACK, ROCK BACK RECOVER, SHUFFLE FWD

1-2-3&4 R Toe Heel, Shuffle Back L R L

5-6-7&8 Rock Back R, Recover L, Shuffle Fwd R L R

ROCKING CHAIR, STEP L FWD, KICK R, STEP ON R 1/2 R, STEP FWD L

1-2-3-4 L Rocking Chair - Step Fwd L, Rock Back R, Step Back L, Recover R

5-6-7-8 Step Fwd L, Kick Fwd R, Step Back Turning 1/2 Turn R, Step L. 6.00

B - CHORUS

ROCK ACROSS, SIDE SHUFFLE X 2

1-2-3&4 Rock R Across L, Recover L, R Side Shuffle RLR

5-6-7&8 Rock L Across R, Recover R, L Side Shuffle LRL

WEAVE, SHUFFLE 1/2 TURN, ROCK BACK, RECOVER

1-2-3-4 Weave L - Cross R Over L, L to Side, R Behind L, L to Side

5&6-7-8 Step R Over L, Shuffle 1/2 Turning L, R L R, Rock Back L, Recover R 6.00

VINE CROSS, STEP L TO L SIDE RECOVER R, STEP FWD L, R 1/2 TURN STEP FWD R

1-2-3-4 Vine L - Step L Side, Step R Behind L, Step L to Side, Cross R Over L

5-6-7&8 Sway L, Recover R, Coaster 1/4 Turn R, Step L together R, Step Fwd, LRL 6.00

HALF TURN PIVOT L, SHUFFLE FWD, HALF TURN PIVOT, SHUFFLE FWD x 2

1-2-3&4 Step Fwd R, Step Back L, 1/2 Turn L, Shuffle Fwd RLR

5-6-7&8 Step Fwd L, Recover R, 1/2 Turn L, Shuffle Fwd LRL

(Or Rock Fwd R, Recover L, Shuffle Back RLR, Rock Back L, Recover R, Shuffle Fwd LRL)

RESTART A

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