Seaside

Count: 48 **Wall:** 2 **Level:** Intermediate

Choreographer: Gary O'Reilly (IRE) - June 2026

Music: Seaside - Diane Warren, Rita Ora, Sofía Reyes & Reik : (iTunes, Amazon & Spotify)

16 count intro

Section 1: SIDE, TOUCH, SIDE, TOUCH, DIAGONAL SHUFFLE R, CROSS SIDE BACK, BEHIND SIDE FWD 1/8

1&2&	Step R to R side on slight diagonal (1), touch L next to R (&), step L to L side on slight diagonal (2), touch R next to L (&)
3 & 4	Step R forward towards R diagonal (3), step L next to R (&), step R forward towards R diagonal (4) (1:30)
5 & 6	Cross L over R (5), step R to R side (&), 1/8 L step back on L (6) (12:00)
7 & 8	Cross R behind L (7), 1/8 L step L to L side (10:30) (&), step forward on R (8) (10:30)

Section 2: TOUCH FLICK STEP, TOUCH FLICK STEP, ROCK 1/8, & CROSS, & CROSS, & CROSS

1 & 2	Touch L forward (1), flick L out to L side (&), step forward on L (2)
3 & 4	Touch R forward (3), flick R out to R side (&), step forward on R (4)
5 & 6	1/8 R rocking L to L side (12:00) (5), step on ball of R next to L (&), cross L over R (6)
&7&8	Step on ball of R next to L (&), cross L over R (7), step on ball of R next to L (&), cross L over R (8) (12:00)

Section 3: SIDE, BACK ROCK SIDE, SAILOR ¼ R, PIVOT ½, BALL ¼, BALL ¼ SWEEP

1	Step R to R side (1)
2 & 3	Rock L behind R (2), recover on R (&), step L to L side (3)
4 & 5	Cross R behind L (4), ¼ R stepping L next to R (&), step forward on R (5) (3:00)
6	Pivot ½ L transferring weight onto L (6) (9:00)
& 7	Step on ball of R next to L (&), ¼ L stepping forward on L (7) (6:00)
& 8	Step on ball of R next to L (&), ¼ L stepping forward on L sweeping R around from back to front (8) (3:00)

Section 4: CROSS, BACK BACK, CROSS, BACK BACK, PUSH FWD, PUSH BACK, PUSH FWD, 3/8 L

1 2 &	Cross R over L (1), step L back on L diagonal (2), step R back on R diagonal (&)
3 4 &	Cross L over R (3), step R back on R diagonal (4), step L back on L diagonal (&)
5 6	Step forward on R pushing hips forward (5), recover on L pushing hips back (6)
7 8	Step forward on R pushing hips forward (7), 3/8 turn L on ball of R stepping forward on L (8) (10:30)

***Restart (with step change)**

Section 5: ¼ SWAY, SWAY, CHASSE R, ¼ SWAY SWAY, CHASSE L

1 2	¼ L stepping R to R swaying R to R side (7:30) (1), sway L (2) (7:30)
3 & 4	Step R to R side (3), step L next to R (&), step R to R side (4)
5 6	¼ L stepping L to L swaying to L side (4:30) (5), sway R (6) (4:30)
7 & 8	Step L to L side (7), step R next to L (&), step L to L side (8)

Section 6: CROSS SIDE BACK, L COASTER STEP, WALK, WALK, OUT OUT IN CROSS

1 & 2	Cross R over L (1), step L to L side (&), 1/8 R stepping back on R (2) (6:00)
3 & 4	Step back on L (3), step R next to L (&), step forward on L (4)
5 6	Walk forward on R (5), walk forward on L (6)
&7&8	Step R out to R side (&), step L out to L side (7), step in on R (&), cross L over R (8)

***Restart: After 32 counts of Wall 5 facing (12:00).**
Instead of the 3/8 turn L on count 8, replace with a ¼ turn L to end facing 12:00 & then restart dance from the beginning.

ENDING: After 16 counts of Wall 7 unwind ½ turn over R to finish facing (12:00).

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