

The Ocean

拍数: 64 墙数: 4 级数: Phrased Easy Intermediate
编舞者: Manullang Benedikta Manna (INA) - May 2018
音乐: The Ocean (feat. Shy Martin) (Afterfab Remix) - Mike Perry



Intro (dance) : 32 counts

Dance sequence : AA AA B AA AA B {note : both part B facing 12.00}

PART A (32 COUNTS)

A[1 – 8] : R L BOTA FOGO , FWD , ½ TURN RIGHT , COASTER STEP

1 & 2 Cross R over L – rock L to side – recover on R
3 & 4 Cross L over R – rock R to side – recover on L
5 – 6 Step R forward – turn ½ right , step L back
7 & 8 Step R back – L beside R – step R fwd..... (6.00)

A[9 – 16] : ROCK FWD – COASTER STEP ¼ TURN LEFT – PIVOT ½ LEFT , PIVOT ¼ LEFT

1 – 2 Rock L fwd – recover on R
3 & 4 Turn ¼ left stepping L back – step R beside L – step L fwd...(3.00)
5 – 6 Step R fwd – pivot ½ left weight on L
7 – 8 Step R fwd – pivot ¼ left weight on L.....(6.00)

A[17-24] : FORWARD & BACK TOUCHES , JAZZ BOX CROSS ¼ TURN RIGHT

1 – 2 Touch R fwd – step R back
3 – 4 Touch L back – step L fwd
5 – 6 Cross R over L – turn ¼ right stepping L back.....(9.00)
7 – 8 Step R to side – cross L over R

A[25-32] : SIDE STEP TOUCHES , FWD HIP BUMPS , ½ TURN LEFT HIP BUMPS

1 – 2 Step R to side – cross touch L behind R
3 – 4 Step L to side – cross touch R behind L
5 & 6 Touch R fwd hip bumps fwd – bump back – bump fwd stepping on R
7 & 8 Turn ½ left hip bumps fwd – bump back – bump fwd stepping on L.....(3.00)

PART B (32 COUNTS)

B[1 – 8] : STEP SIDE , HOLD , BEHIND SIDE CROSS, SIDE ROCK , CROSS , HOLD

1 – 2 Step R to side – hold
3 & 4 Cross L behind R – step R to side – cross L over R
5 – 6 Rock R to side – recover on L
7 – 8 Cross R over L - hold

B[9 – 16] : STEP SIDE , HOLD , BEHIND SIDE CROSS, SIDE ROCK , CROSS , HOLD

1 – 2 Step L to side – hold
3 & 4 Cross R behind L – step L to side – cross R over L
5 – 6 Rock L to side – recover on R
7 – 8 Cross L over R - hold

B[17-24] : PRISSY WALK , FWD, PIVOT ½ LEFT , FWD

1 – 2 Step R fwd slightly cross over L - hold
3 – 4 Step L fwd slightly cross over R - hold
5 – 6 Step R fwd – turn ½ left weight on L.....(6.00)
7 – 8 Step R fwd - hold

B[25-32] : PRISSY WALK , FWD, PIVOT ½ RIGHT , FWD

- 1 – 2 Step L fwd slightly cross over R - hold
- 3 – 4 Step R fwd slightly cross over L - hold
- 5 – 6 Step L fwd – turn ½ right weight on R.....(12.00)
- 7 – 8 Step L fwd - hold

Enjoy the dance !!!

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