

Ocean

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Carrie Ann Earl (ES) - April 2019
音乐: Ocean - Parachute : (iTunes)



Intro: 8 second, start on the lyrics - 1 Restart, 1 tag/Restart

S1: RIGHT FIGURE OF 8 GRAPEVINE

1-2-3 Step right to right side – step left behind right – ¼ turn right stepping right forward (3:00)
4-5 Step left forward – pivot ½ turn right (9:00)
6-7-8 ¼ turn right stepping left to left side (12:00) – step right behind left – ¼ turn left stepping left forward (9:00)

S2: SHUFFLE FORWARD, SYNCOPATED ROCK STEPS, RIGHT BACK LOCK

1&2 Shuffle forward stepping Right, Left, Right,
3-4& Rock Forward on Left recover onto Right, close Left next to Right
5-6 Rock Forward onto Right, recover onto Left
7&8 Step back on Right, lock Left across in front of Right, step back Right

S3: TOUCH TOE BACK, UNWIND, ½, STEP FORWARD, PIVOT ¼, CROSS SIDE, CROSS SHUFFLE

1-2 Left Touch toe back – Unwind ½ turn Left (weight on LF) (3:00)
3-4 Step forward on Right, Pivot ¼ turn Left (weight on LF) (12:00)
5-6 Cross Right over left, step Left to left side
7&8 Cross Right over left, step left to side, cross Right over left (styling: dip down on the crosses)

S4: POINT, FLICK ¼, SHUFFLE FORWARD, JAZZ BOX

1-2 Point Left toe out to left side, flick left back to left making a ¼ turn right swivelling the ball of right foot(3:00)
3&4 Shuffle forward stepping Left,Right,Left
5-6 Cross Right over Left, step back on Left
7-8 Step Right to Right Side, Step forward on Left

(RESTART ON WALL 5 - FACING 3:00)

S5: STEP ½ PIVOT TURN LEFT, SHUFFLE ½ TURN LEFT, WALK BACK LEFT & RIGHT, COASTER STEP

1-2 Step Forward On Right Foot, Pivot ½ Turn Left (weight on LF) (9:00)
(WALL 6 - DO ANOTHER STEP ½ TURN AND RESTART FROM THE BEGINNING (6:00))
3&4 Shuffle ½ Turn Left Stepping Right, Left, Right (3:00)
5-6 Walk Back On Left Foot, Walk Back On Right Foot
7&8 Step Back On Left, Close Right To Left, Step Left forward

S6: FORWARD ROCK, TRIPLE ¾ TURN, ROCKING CHAIR

1-2 Rock forward on right. Recover onto left.
3&4 Triple step ¾ turn right, stepping - right, left, right (12:00)
5-8 Rock forward on Left. Recover onto Right. Rock back on Left. Recover onto Right

S7: FORWARD ROCK, TRIPLE 1/2 TURN LEFT, CROSS POINT X 2

1-2 Rock forward on left. Recover onto right
3&4 Triple Step ½ turn left, stepping Left, Right, Left (6:00)
5-6 Cross right over left, point left to left
7-8 Cross left over right, point right to right

S8: CROSS ¼ BACK, HEEL BALL CROSS, SIDE TOUCH X 2

1-2 Cross Right over Left, Step back on Left turning ¼ Right (9:00)

3&4 Touch heel of Right foot forward, step ball of Right foot back to place, cross Left over Right
5-6 Step Right to right side, touch Left next to Right
7-8 Step Left to left side, touch Right next to Left

RESTARTS

Wall 5 – Section 4 – restart the dance after count 8 – Jazz Box, you will be facing 3:00

Wall 6 - Section 5 – after counts 1-2 (step pivot ½) do another step ½ pivot: Step Forward On Right Foot, Pivot 1/2 Turn Left, then restart the dance from the beginning, you will be facing 6:00

ENDING: Wall 8 – Dance up to Section 5, dance counts 1-2 to face front

Contact: carrieannearl@gmail.com
