

Sea Shanty

拍数: 32 墙数: 2 级数: Intermediate - Irish Polka
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音乐: Wellerman - Santiano & Nathan Evans



SECT. 1 - Sailor step with scuf, right and left - wave and cross over - heel jack, step

1 RF step behind
& LF step side
2 RF scuff
& RF step side slightly fwd
3 LF step behind
& RF step side
4 LF scuff
& LF step side slightly fwd
5 RF step behind
& LF step side
6 RF step cross over
& LF step side
7 RF step cross over
& LF step side
8 RF heel touch diagonally fwd
& RF step in place

SECT. 2 - Left mambo step - right coaster step - Left shuffle turn - right shuffle turn

9 LF step fwd
& RF recover weight
10 LF step back
11 RF step back
& LF step back
12 RF step fwd
13 LF ¼ turn right, step side (3.00)
& RF step next LF
14 LF ¼ turn right, step back (6.00)
15 RF ¼ turn right, step side (9.00)
& LF step next RF
16 RF ¼ turn right step fwd (12.00)

SECT. 3 - Mambo step - Swivell - right shuffle back - shuffle turn ½ left

17 LF step fwd
& RF recover weight
18 LF step back
19 open both heels outward
& return with the heels inwards
20 open both heels outward
21 RF step back
& LF step next RF
22 RF step back
23 LF ¼ turn left, step side (9.00)
& RF step beside
24 LF ¼ turn left step fwd (6.00)

SECT. 4 - RF (heel touch diag. - hook - heel touch diag. - flick back - scuff, step cross over) - LF toe touch back LF (heel touch - hook - heel touch diag. - flick back - scuff, step cross over) - RF stomp up

25 RF heel touch diagonally fwd
& RF hook
26 RF heel touch diagonally fwd
& RF flick back
27 RF scuff
& RF step cross over (with a small jump)
28 LF toe touch back
29 LF heel touch diagonally fwd
& LF hook
30 LF heel touch diagonally fwd
& LF flick back
31 LF scuff
& LF step cross over (with a small jump)
32 RF stomp up next LF

Tag 1 (at the end of the second wall after the tag 2)

Scuff, step side, touch

1 RF scuff
& RF step side
2 LF touch next RF
3 LF scuff
& LF step side
4 RF touch next LF
5 RF scuff
& RF step side
6 LF touch next RF
7 LF scuff
& LF step side
8 RF touch next LF

Tag 2 (at the end of the second and sixth walls)

Repeat the count from 17 to 32

Tag 3 - 4 counts hold

Final - Step turn, step turn - step back, slide, touch - step back, slide, touch - right stomp

1 RF step fwd
2 ½ turn left
3 RF step fwd
4 ½ turn left
5 RF long step back diagonally
& LF slide
6 LF touch next RF
7 LF long step back diagonally
& RF slide
8 RF touch next LF
& RF stomp side
