

Seaside

拍数: 48 墙数: 2 级数: Low Intermediate
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音乐: Seaside - Diane Warren, Rita Ora, Sofia Reyes & Reik



Intro: 16 counts: restart wall 5 after 32 C (complete full turning volta step)

I. WISK R, BASIC SAMBA FWD, BACK, RECOVER, BESIDE L, BACK, RECOVER 1/4 TURN L, CROSS

1a2 Step R to right side (1) rock L back (a) recover on R (2)
3a4 Step L fwd (3) step R beside left (a) step L beside right (4)
5&6 Rock R back (5) recover on L (&) step R beside left (6)
7&8 Rock L back (7) recover on R (&) 1/4 turn L, cross L over right (09.00)

II. HITCH, CROSS SHUFFLE, SWEEP, WEAFF, HITCH, BACK, 1/4 TURN L, SIDE, FWD, SIDE, RECOVER, CROSS

&1&2 Hitch R beside left (&) cross R over left (1) step L to left side (&) cross R over left (2)
&3&4 Sweep L around right (&) cross L over right (3) step R to right side (&) cross L behind right (4)
&5&6 Hitch R beside left (&) step R back (5) 1/4 turn L, step L to left side (&) step R fwd (6)
7&8 Step L to left side (7) recover on R (&) cross L over right (8) 06.00

III. PUSH SIDE, RECOVER, TOGETHER, PUSH SIDE, RECOVER, TOGETHER, BACK POINT, BALL FLICK, LOCK SHUFFLE FWD

1a2 Step R to right side (1) recover on left (a) step R together (2)
3a4 Step L to left side (3) recover on right (a) step L together (4)
5-6 Step R, pointing L fwd (facing 7.30) (5) step down on to L as you flick R foot up (6) 06.00
7&8 Step R fwd (7) lock L behind R (&) step R fwd (8)

IV. CROSS SAMBA (X2) VOLTA 3/4 TURN

1a2 Cross L over right (1) rock R to right side (a) step L slightly fwd (2)
3a4 Cross R over left (3) rock L to left side (a) slightly fwd (4)
5a6a7a8 Step L fwd (5) step R next to left (a) Step L fwd (6) step R next to left (a) Step L fwd (7) step R next to left (a) Step L fwd (8) (09.00) (5-8 3/4 turn left)

V. ROCKING CHAIR, FWD, RECOVER, BACK SWEEP, ANCHOR STEP X2

1&2& Rock R fwd (1) recover on L (&) rock R back (2) recover on L (&)
3&4 Rock R fwd (3) recover on L (&) step R back, sweeping L around back (4)
5&6 Rock L behind right (5) step weight on right (&) step slightly back on L, sweeping R around back (6)
7&8 Rock R behind left (7) step weight on left (&) step slightly back on right, sweeping L around back (8) 09.00

VI. SAILOR STEP X2, SAILOR COASTER TURN, FWD,FWD

1a2 Cross L behind right (1) step R right side (a) step L to left side, sweeping R around back (2)
3a4 Cross R behind left (3) step L to left side (a) step R to right side, sweeping L, turning 1/4 left (4)
5a6 Step L back (5) step R beside left (&) step L fwd (6)
7-8 Step R fwd (7) step L fwd (8)

ENJOY THE DANCE.....

