

The Pirate

拍数: 32 墙数: 4 级数: Beginner
编舞者: Karianne Heimvik (NOR) - December 2023
音乐: Wellerman (Sea Shanty / 220 KID x Billen Ted Remix) - Nathan Evans, 220 KID & Billen Ted



for xmas version you can use ie Jungle Bell Rock, Bobby Helms (drop the stomp in the end for this song)

[1-8] grapevine to the right, grapevine ¼ turn to left

1,2,3,4 step RF to right side, step LF behind RF, step RF to right side, touch LF next to RF
5,6,7,8 step LF to left side, step RF behind LF, make ¼ turn to left stepping LF fwd, touch RF next to LF

[9-16] diagonally step fwd x2, walk back

1,2,3,4 step RF diagonally fwd, touch LF next to RF, step LF diagonally fwd, step RF next to LF
5,6,7,8,1 walk back RLR, step LF next to RF

[17-24]: hip bumps RL, figure eight with hips

1,2,3,4 step RF to right side and make hip bumps x2 to the right, recover weight onto LF and make hip bumps x2 to the left
5,6,7,8 swing your hips in a figure 8 starting with right hip fwd
(easier option: hip bump to the right, hip bump to left, hip bump to the right, hip bump to the left)

[25-32] big step to right side, two heel bumps, big step to left side, heel bump with a stomp

1,2,3,4 make a big step to right side with RF, step LF next to RF, make heel bumps with both heels x2
5,6,7,8 make a big step to left side with LF, step RF next to LF, make heel bumps with both heel x2. Finish the last count with a stomp with RF.
