

Sea Sick

拍数: 32 墙数: 4 级数: Improver
编舞者: Ronnie Fortt (UK) & Tracey D'Angelo
音乐: Heave Away - The Fables



TAP, TAP, SAILOR STEP, TAP, TAP, SAILOR STEP

1-4 Tap right toe across left, tap right toe to right side, right sailor step
5-8 Tap left toe across right, tap left toe to left side, left sailor step

For extra fun, fold your arms in sailor style and rock the boat on the sailor steps, alternatively try climbing the rope ladder

SHUFFLES FORWARD RIGHT AND LEFT, KICK, ¼ TURN KICK, RIGHT COASTER STEP

9-12 Shuffle forward right-left-right, shuffle forward left-right-left
13-16 Kick right leg forward, making a ¼ turn right on ball of left foot, kick right leg forward, right coaster step

WEAVE RIGHT, STEP PIVOT HALF TURN RIGHT, SLAP STEP

17-20 Step left across right, right to right side, left behind right, right to right side
21-24 Step forward on left, ½ pivot turn right, lift left leg and slap thigh with right hand, step down on left

TWO ¼ PADDLE TURNS LEFT, 3 HEEL SWITCHES, CLAP, CLAP

25-28 Make two paddle turns making a ¼ turn left on each
29-32 Right heel forward, step in place, left heel forward, step in place, right heel forward, clap hands twice

REPEAT

TAG

To follow end of second wall only

Pulling in your sick bucket.. sorry.. anchor

1-4 Long step back diagonally on right foot leaving left heel raised, (arms retching out sorry stretching out) slide left to join right, (pulling both arms in as if pulling on the rope), repeat
5-8 Long step back diagonally on left foot leaving right heel raised, slide right to join left, (arms as above) repeat