

# Seashores

拍数: 102      墙数: 4      级数: Intermediate waltz  
编舞者: Barbara R. K. Wallace (CAN)  
音乐: The Seashores of Old Mexico - George Strait



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## STEP FORWARD LEFT, ROCK SIDE RIGHT RECOVER LEFT, STEP FORWARD RIGHT, ROCK SIDE LEFT RECOVER RIGHT, ¼ TURNING WALTZ LEFT, WALTZ BACK RIGHT

- 1-2-3            Step forward on the left foot, rock side right, recover on the left
- 4-5-6            Step forward on the right foot, rock side left, recover on the right
- 7-8-9            Step forward on the left as you make a ¼ left, step together with the right, step on the left
- 10-11-12        Step back on the right, step together with the left, step on the right
- 13-24            REPEAT STEPS 1-12

## VINE THREE LEFT, ½ TURN LEFT, VINE THREE RIGHT, SWAY LEFT, SWAY RIGHT

- 25-26-27        Step side left, right behind, step side left and make ½ turn left
- 28-29-30        Step side right, left behind, step side right
- 31-32-33        Step side left (31) as you sway left (32, 33)
- 34-35-36        Step side right (34) as you sway right (35, 36)
- 37-48            Repeat steps 25-36

## LEFT FORWARD ROCK, RECOVER, SWEEP, COASTER BACK, RIGHT FORWARD ROCK, RECOVER, SWEEP, COASTER BACK

- 49-50-51        Rock forward left, recover back right, sweep left foot to the left to the side
- 52-53-54        Step back on the left, together with the right, step forward with the left
- 55-56-57        Rock forward right, recover back left, sweep right foot to the right to the side
- 58-59-60        Step back on the right, together with the left, step forward with the right

## STEP FORWARD LEFT, POINT RIGHT TOE TO SIDE, HOLD, STEP FORWARD RIGHT AND MAKE ¼ TURN RIGHT, POINT LEFT TOE TO SIDE, HOLD (REPEAT TWO MORE TIMES)

- 61-62-63        Step forward left, point right toe to right side, hold
- 64-65-66        Step forward on the right and make ¼ turn to the right, point left to left side, hold
- 67-72            Repeat steps 61-66
- 73-78            Repeat steps 61-66

## LEFT LOCK STEP, ¼ TURN LEFT AND CROSS, STEP DRAW LEFT, STEP DRAW RIGHT

- 79-80-81        Step forward left, lock the right foot behind the left, step forward left
- 82-83-84        Step forward right, make ¼ turn left, cross the right over the left
- 85-86-87        Step side left, draw the right to meet the left (2 counts)
- 88-89-90        Step side right, draw the left to meet the right (2 counts)
- 91-102          Repeat steps 79-90

**REPEAT**

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