# Sea Cruise



编舞者: Ginny Sheridan (USA) - November 2007

音乐: Sea Cruise - Frankie Ford: (CD: 50s Rock 'N Roll)



Sequence: ABC, ABC, ABC, BC

#### PART A

#### ROCKING CHAIR, ROCKING CHAIR

1-2 Rock forward on right, recover back onto left
3-4 Rock right back, recover forward onto left
5-8 Repeat steps 1-4

# **TOUCH POINTED IN, STEP x 4**

9-10 Touch right foot to side and pointed in toward left, step right foot forward
11-12 Touch left foot to side and pointed in toward right, step left foot forward

13-16 Repeat steps 9-12

# STEP SIDE, TOUCH, ¼ TURN LEFT & STEP SIDE, TOUCH, ¼ TURN RIGHT & STEP SIDE, TOUCH, STEP FORWARD, SCUFF

17-18 Step right to side, touch left next to right
19-20 Turn ¼ to left & step left to side, touch right next to left
21-22 Turn ¼ to right & step right to side, touch left next to left
23-24 Step forward on left, scuff right

#### JAZZ BOX, STOMP, SCUFF, STOMP, CLAP

25-28 Cross right over left, step left back, step to side on right, step forward on left

29-32 Stomp right, scuff left, stomp left, clap

#### **PART B**

### HEEL GRIND, STEP, ROCK BACK, RECOVER, HEEL GRIND, STEP, COASTER STEP

1-2 Grind right heel forward, step down on left foot

3-4 Step right back, step forward on left

5-6 Grind right heel forward, step down on left foot

7&8 Step right back, step left beside right, step right forward

#### HEEL GRIND, STEP, ROCK BACK, RECOVER, HEEL GRIND, STEP, COASTER STEP

9-10 Grind left heel forward, step down on right foot

11-12 Step left back, step forward on right

13-14 Grind left heel forward, step down on right foot15&16 Step back left, step right beside left, step left forward

#### TWO 1/4 MONTEREY TURNS RIGHT

17-18 Touch right to side, turn ¼ right and step right together

19-20 Touch left to side, step left together

21-24 Repeat steps 17-20

# JAZZ BOX, STOMP, SCUFF, STOMP, CLAP & TURN RIGHT

25-28 Cross right over left, step left back, step to side on right, step forward on left
29-32 Stomp right, scuff left, stomp left, clap & turn ¼ to right, keeping weight on left foot

#### **PART C**

THREE STEPS FORWARD, SCOOT BACK, STEP, SCOOT FORWARD, STEP, HITCH & KICK SIDE

1-4 Walk forward right, left, right, scoot right back

5-8 Step down on left, scoot forward on left, step down on right, hitch with left kick to side

# STEP, HITCH & KICK SIDE, TURN $\frac{1}{4}$ & STEP, HITCH & KICK SIDE, STEP, HITCH & KICK SIDE, TURN $\frac{1}{4}$ & STEP, HITCH

9-12 Step down on left, hitch with right kick to side, turn ¼ to right and step down on right, hitch

with left kick to side

13-16 Step down on left, hitch with right kick to side, turn ¼ to right and step down on right, hitch

with left knee bent

## THREE STEPS FORWARD, SCOOT BACK, STEP BACK, STEP TOGETHER, OUT, OUT

17-20 Step forward left, right, left, scoot left back

21-24 Step back right, left together with right, step out to side on right, step out to side on left

Feet are apart after steps 23-24

## KNEES IN & OUT, IN & OUT, IN & OUT, HOLD, JAZZ BOX WITH 1/4 TURN RIGHT

25&26&27& Move both knees in, out, in, out, in, out

28 Hold

29-32 Cross right over left, step left back, turn ¼ to right and step on right, step forward on left