Seven Seas

拍数: 32   **墙数:** 4   **级数:** Beginner

编舞者: Rob Fowler (ES) - December 2007

音乐: Pirate of the 7 Seas - Rick Guard : (Album: Stop It & Dance!)

Intro: 64 counts from first beat, 25 seconds into track

Section 1: Toe Strut R, L, R, L

1 - 2	Step right toe forward. Drop right heel taking weight. (12.00)
3 - 4	Step left toe forward. Drop left heel taking weight.
5 - 6	Step right toe forward. Drop right heel taking weight.
7 - 8	Step left toe forward. Drop left heel taking weight.

Section 2: Out, Out, Cross and rotate arms

1 - 2	Step diagonal forward on R. Step diagonal forward on L.
3 - 4	Clap R hand on your back, clap L hand on your back.
5	Put the R arm in front of your chest i a 45 degrees angel to the left
6	Cross the L arm between your R arm and your chest i a 45 degrees angel to the right.
7 - 8	Rotate both arms, forward, down and back in front (take your arms down again)

Section 3: Strutting Jazz Box Step With 1/4 Turn Right.

1 - 2	Cross right toe over left. Drop right heel taking weight.
3 - 4	Touch left toe back. Drop left heel taking weight.
5 - 6	Turn 1/4 right touching right toe to right side. Drop right heel taking weight. (3.00)
7 - 8	Touch left toe beside right. Drop left heel taking weight.

Section 4: Heel taps Right, Heel taps Left

&	Touch Right toe forward on a Right diagonal
1 - 4	Tap Right heel to floor 4 times.

Optional: Put your left hand and shoulder forward on count 1, and move slowly your arm and shoulders back to 'neutral' on count 1 to 4

&	Take weight on Right, Touch Left toe forward on a Left diagonal
5 - 8	Tap Left heel to floor 4 times.

Optional: Put your right hand and shoulder forward on count 5, and move slowly your arm and shoulders back to 'neutral' on count 5 to 8

&	Take weight on Left. (3.00)

Begin again