# Song Of The Sea

級數: Phrased Intermediate

編舞者: Jennifer Jou (TW) - August 2015

音樂: "Song Of The Sea" by Ah Mei Cultural music

Introduction : 6 counts

#### Sequence : Intro dance /A/A/B/C/B/C/ Intro dance(20) /B/C/ Pose

#### [[[ Intro Dance : 36 counts ]]]

拍數: 176

### Sec 1 : SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK

- 1-4 Step RF to right side, cross step LF behind RF, step RF to right side, kick LF to right diagonal
- 5-8 Step LF to left side, kick RF to left diagonal, step RF to right side, kick LF to right diagonal

#### Sec 2 : SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK

- Step LF to left side, cross step RF behind LF, step LF to left side, kick RF to left diagonal
  Step RF to right side, kick LF to right diagonal, step LF to left side, kick RF to left diagonal
- Sec 3 : SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK Repeat Sec 1

Sec 4: SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK Repeat Sec 2

#### Sec 5 : STOMP TWICE

- 1-2 Stomp RF in place
- 3-4 Stomp RF in place

#### [[[ Part A : 48 counts ]]]

### Sec A1 : CROSS OVER, RECOVER, BACK, RECOVER, CROSS OVER, RECOVER, SIDE, HOLD

- 1-4 Cross step RF over LF, recover onto LF, step RF back, recover onto LF
- 5-8 Cross step RF over LF, recover onto LF, step RF to right side, hold

#### Sec A2 : CROSS OVER, RECOVER, BACK, RECOVER, CROSS OVER, RECOVER, SIDE, HOLD

- 1-4 Cross step LF over RF, recover onto RF, step LF back, recover onto RF
- 5-8 Cross step LF over RF, recover onto RF, step LF to left side, hold

#### Sec A3 : WALK FORWARD, POINT, HITCH, POINT, TOGETHER

- 1-4 Step RF forward, step LF forward, step RF forward, step LF forward
- 5-8 Point RF to right side, hitch right knee up and next to LF, point RF to right side, step RF next to LF

#### Sec A4 : WALK BACK, POINT, HITCH, POINT, TOGETHER

- 1-4 Step LF back, step RF back, step LF back, step RF back
- 5-8 Point LF to left side, hitch left knee up and next to RF, point LF to left side, step LF next to RF

#### Sec A5 : (OUT, OUT, IN, IN) \*2

- 1-4 Step RF forward on right diagonal, step LF forward on left diagonal, step RF back, step LF next to RF
- 5-8 Repeat count 1-4

#### Sec A6 : PADDLE QUARTER TURN LEFT \*4 TOUCH

- 1-4 Step ball of RF forward, pivot 1/4 turn left, step ball of RF forward, Pivot 1/4 turn left (6:00)
- 5-8 Repeat count 1-4 (12:00)

#### [[[ TAG : 4 counts ]]]

TAG□SIDE, TOUCH, SIDE, TOUCH





**牆數:**1

1-4 Step RF to right side, touch LF beside RF, step LF to left side, touch RF beside LF

# [[[ Part B : 64 counts ]]]

### Sec B1: SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH

- 1-4 Step RF forward, step LF behind RF, step RF forward, flick LF behind RF
- 5-8 Step LF back, step RF in front of LF, step LF back, raise right knee up

### Sec B2 : (JUMP, TOUCH, IN PLACE) \*2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) \*2

- 1&2 Jump to right side on RF, touch left toe next to RF, step ball of RF in place
- 3&4 Jump to left side on LF, touch right toe next to LF, step ball of LF in place
- 5&6 Make 1/4 turn left Jumping to right side on RF, touch left toe next to RF, step ball of RF in place (9:00)
- 7&8 Jump to left side on LF, touch right toe next to LF, step ball of LF in place

# Sec B3 : SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH Repeat Sec B1

Sec B4 : (JUMP, TOUCH, IN PLACE) \*2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) \*2 Repeat Sec B2 (6:00)

Sec B5 : SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH Repeat Sec B1

Sec B6 : (JUMP, TOUCH, IN PLACE) \*2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) \*2 Repeat Sec B2 (3:00)

Sec B7 : SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH Repeat Sec B1

Sec B8 : (JUMP, TOUCH, IN PLACE) \*2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) \*2 Repeat Sec B2 (12:00)

[[[ Part C : 64 counts ]]]

Sec C1: FORWARD, HOLD, TOGETHER, FORWARD, HOLD, POINT, HITCH, POINT, HITCH

- 1-2&3-4 Step RF forward, hold, step LF next to RF, step RF forward, hold
- 5-8 Point LF to left side, hitch left knee up, point LF to left side, hitch left knee up

#### Sec C2 : BACK, HOLD, TOGETHER, BACK, HOLD, POINT, HITCH, POINT, HITCH

1-2&3-4 Step LF back, hold, step RF next to LF, step LF back, hold

5-8 Point RF to right side, hitch right knee up, point RF to right side, hitch right knee up

# Sec C3: FORWARD, HOLD, TOGETHER, FORWARD, HOLD, POINT, HITCH, POINT, HITCH Repeat Sec C1

Sec C4: BACK, HOLD, TOGETHER, BACK, HOLD, POINT, HITCH, POINT, HITCH Repeat Sec C2

# Sec C5 : STOMP, HOLD, RECOVER, TOUCH, 1/4 TURN LEFT, SIDE, TOUCH, 1/4 TURN LEFT, FORWARD, TOUCH

- 1-4 Stomp RF back, hold, recover onto LF, touch RF next to LF
- 5-8 Make 1/4 turn left stepping RF to right side, touch LF next to RF, make 1/4 turn left stepping LF forward , touch RF next to LF (6:00)

Sec C6 : STOMP, HOLD, RECOVER, TOUCH, 1/4 TURN LEFT, SIDE, TOUCH, 1/4 TURN LEFT, FORWARD, TOUCH Repeat Sec C5 (12:00)

Sec C7 : ROCKING CHAIR, FORWARD, RECOVER, CROSS BEHIND, SIDE, CROSS OVER

- 1-4 Rock RF forward on right diagonal, recover onto LF, rock RF back on left diagonal, recover onto LF
- 5-6 Rock RF forward on right diagonal, recover onto LF
- 7&8 Cross step RF behind LF, step LF to left side, cross step RF over LF

# Sec C8 : ROCKING CHAIR, FORWARD , RECOVER, CROSS BEHIND, SIDE, CROSS OVER

- 1-4 Rock LF forward on left diagonal, recover onto RF, rock LF back on right diagonal, recover onto RF
- 5-6 Rock LF forward on left diagonal, recover onto RF
- 7&8 Cross step LF behind RF, step RF to right side, cross step LF over RF

# Please refer to our video demo for the arms movements. ENJOY THE DANCE!

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