

# The Ocean

拍數: 64                      牆數: 4                      級數: Phrased Easy Intermediate  
編舞者: Manullang Benedikta Manna (INA) - May 2018  
音樂: The Ocean (feat. Shy Martin) (Afterfab Remix) - Mike Perry



Intro (dance) : 32 counts

Dance sequence : AA AA B AA AA B {note : both part B facing 12.00}

## PART A (32 COUNTS)

**A[1 – 8] : R L BOTA FOGO , FWD , ½ TURN RIGHT , COASTER STEP**

1 & 2                      Cross R over L – rock L to side – recover on R  
3 & 4                      Cross L over R – rock R to side – recover on L  
5 – 6                      Step R forward – turn ½ right , step L back  
7 & 8                      Step R back – L beside R – step R fwd..... (6.00)

**A[9 – 16] : ROCK FWD – COASTER STEP ¼ TURN LEFT – PIVOT ½ LEFT , PIVOT ¼ LEFT**

1 – 2                      Rock L fwd – recover on R  
3 & 4                      Turn ¼ left stepping L back – step R beside L – step L fwd...(3.00)  
5 – 6                      Step R fwd – pivot ½ left weight on L  
7 – 8                      Step R fwd – pivot ¼ left weight on L.....(6.00)

**A[17-24] : FORWARD & BACK TOUCHES , JAZZ BOX CROSS ¼ TURN RIGHT**

1 – 2                      Touch R fwd – step R back  
3 – 4                      Touch L back – step L fwd  
5 – 6                      Cross R over L – turn ¼ right stepping L back.....(9.00)  
7 – 8                      Step R to side – cross L over R

**A[25-32] : SIDE STEP TOUCHES , FWD HIP BUMPS , ½ TURN LEFT HIP BUMPS**

1 – 2                      Step R to side – cross touch L behind R  
3 – 4                      Step L to side – cross touch R behind L  
5 & 6                      Touch R fwd hip bumps fwd – bump back – bump fwd stepping on R  
7 & 8                      Turn ½ left hip bumps fwd – bump back – bump fwd stepping on L.....(3.00)

## PART B (32 COUNTS)

**B[1 – 8] : STEP SIDE , HOLD , BEHIND SIDE CROSS, SIDE ROCK , CROSS , HOLD**

1 – 2                      Step R to side – hold  
3 & 4                      Cross L behind R – step R to side – cross L over R  
5 – 6                      Rock R to side – recover on L  
7 – 8                      Cross R over L - hold

**B[9 – 16] : STEP SIDE , HOLD , BEHIND SIDE CROSS, SIDE ROCK , CROSS , HOLD**

1 – 2                      Step L to side – hold  
3 & 4                      Cross R behind L – step L to side – cross R over L  
5 – 6                      Rock L to side – recover on R  
7 – 8                      Cross L over R - hold

**B[17-24] : PRISSY WALK , FWD, PIVOT ½ LEFT , FWD**

1 – 2                      Step R fwd slightly cross over L - hold  
3 – 4                      Step L fwd slightly cross over R - hold  
5 – 6                      Step R fwd – turn ½ left weight on L.....(6.00)  
7 – 8                      Step R fwd - hold

**B[25-32] : PRISSY WALK , FWD, PIVOT ½ RIGHT , FWD**

- 1 – 2            Step L fwd slightly cross over R - hold
- 3 – 4            Step R fwd slightly cross over L - hold
- 5 – 6            Step L fwd – turn ½ right weight on R.....(12.00)
- 7 – 8            Step L fwd - hold

**Enjoy the dance !!!**

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