

The Four Seas

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Kenny Teh (MY) - May 2020
音樂: Cai Wei (采薇) - Zhang Qu (张渠)



Start dance after 16 counts from first beat:

1 2 3 4 Skate forward Rf, skate forward Lf, skate forward Rf, hold
5 6 7 8 Step Lf forward, pivot ½ turn right onto Rf, ½ turn right on Lf, sweep Rf front to back

1 2 3 4 Cross Rf behind Lf, step Lf to left, cross Rf over Lf, hold
5 6 7 8 Recover Lf, step Rf to right, cross Lf over Rf, hold

1 2 3 4 Touch R toe beside, touch R toe to right, touch R toe beside, kick Rf diagonally right
5 6 7 8 Sweep Rf behind making a ¾ turn right stepping RLR, hold (9.00)

1 2 3 4 Sway/Rock LRLR
5 6 7 8 Sweep Lf behind making a 1/2 turn left stepping LRL, hold (3.00)

Restart here on Wall 1 and 3

1 2 3 4 Cross Rf over Lf, step Lf to left, cross Rf over Lf, on ball of Rf make ½ turn left (9.00)
5 6 7 8 Cross Lf over Rf, step Rf to right, cross Lf over Rf, on ball of Lf make ½ turn right (3.00)

1 - 8 Making a full turn right walking RLR, hold LRL, hold

1 2 3 4 Step Rf forward make a ¼ turn right while rotating shoulders RLRL (6.00)
5 6 7 8 Cross Lf over Rf, step Rf to right, cross Lf over Rf, hold

1 2 3 4 Make a full right turn stepping RLR, hold
5 6 7 8 Step Lf beside Rf, step Rf beside Lf, big step Lf to left, hold

End of 5th Wall Tag - 4 count

1 2 3 4 Bend Lf turning body to diagonally left keeping R toe to right, pose and hold