

Sea Shanty

拍數: 32 牆數: 4 級數: Improver
編舞者: Wendy McLean (CAN) - March 2021
音樂: Wellerman (Sea Shanty / 220 KID x Billen Ted Remix) - Nathan Evans, 220 KID & Billen Ted



Kick Kick Coaster Step, Kick Kick Coaster Step

1 2 Kick right forward, Kick right side
3&4 Step back right, Step left together, Step forward right
5 6 Kick left forward, Kick left side
7&8 Step back left, Step right together, Step left forward

Rock Recover Triple ½, Rock Recover Coaster Step

1 2 Rock forward on right, Recover to left
3&4 Step right ¼ right, Left together, Step right ¼ right
5 6 Rock forward on left, Recover to right
7&8 Step back left, Step right together, Step left forward

Heel Hold & Toe & Toe & Side Rock, Behind Side Cross

1 2 Extend right heel forward, Hold
&3&4 Step right together, Touch left toe forward, Step left together, Touch right toe forward
& 5 6 Step right together, Rock left side, Recover to right
7&8 Step left behind right, Step right to right, Step left across right

Side Rock, Behind ¼ Step, Step Lock Step, Right Together

1 2 Rock right to the right, Recover to left
3&4 Step right behind left, Step left ¼ left, Step right together
5&6 Step left diagonally forward, Slide right behind left, Step left forward
7 8 Step right forward, Step left beside right
