

Wellerman No. 1

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Wellerman (Sea Shanty) - Nathan Evans



Intro: 4 counts

Restart after 32 counts on wall 1-3-5

#1 section : Stomp 3 times R.L.R, Scuff left, Swing left across, Point left toe to right, Dorothy step x 2

1&2 Stomp Right foot, Stomp left foot, Stomp right foot.

(Alternative: 1 & a 2 &: Stomp Right, Triple stomp L, R ,L ,Stomp Right)

3 & 4 Scuff left forward, Swing left across right, Touch left toe on right side.

5, 6 & Step left diagonal forward, Step right behind Left, Step left diagonal forward (Dorothy step)

7, 8 & Step right diagonal forward, Step left behind right ,Step right diagonal forward. (Dorothy step)

#2 section: Rock step L, Sailor step x 2 , Touch Left behind, Unwind ½ turn left.

1, 2 Rock left forward, Recover on right.

3 & 4 Step left behind right, Step right to side, Step left to side.

5 & 6 Step right behind left, Step left to side, Step right to side.

7, 8 Touch left behind right , Unwind ½ turn to left,(end weight on left). (6, 00)

#3 section: Side rock R, Behind R ,Side L, Cross R ,Side rock L, Behind L¼ turn R, Step forward L

1, 2 Step right to right, Recover on left.

3 & 4 Step right behind left, Step left to left, Step Right across left

5, 6 Step left to left, Recover on right.

7 & 8 Step left behind right, Step right to right, Turn ¼ to right, Step left forward. (9, 00)

#4 section: Dorothy steps R, Step forward L, Touch R, Step back L, Back lockstep, Back rock R (with jump.)

1-2 & Step right diagonal forward, Step left behind right, Step right diagonal forward. (Dorothy step)

3 & 4 Step forward on left, Touch right behind left, Step back on right.

5 & 6 Step back on left, Lock right in front of left, Step back on left.

7, 8 Jump back on right, Step forward on left.

*** (restart wall 1, 3, 5)**

#5 section: Cross rock R, Chasse to right side. Cross rock L, Chasse to left side.

1, 2 Step right across left, Step back on left,

3 & 4 Step right to right, Step left beside right, Step right to right

5, 6 Step left across right, Step back on right.

7 & 8 Step left to left, Step right beside left, Step left to left.

#6 section: Point x 2, Kickball step ,Heel R, Hook R, Heel R, Flick R, Back rock R(With jump)

1, 2 Point right toe forward, Point right toe back.

3 & 4 Kick right forward, Step down on right, Step forward on left.

5 & 6 & Touch right heel forward, Hook right in front of left, Touch right heel forward, Flick right behind.

7, 8 Jump back on right, Step forward on left, **

*** Restart after section 4 on wall 1-3-5**

**** Ending : wall 6 count 7,8: Point right back, Unwind ½ turn to right(12,00)**

Last Update - 9 May 2021

