

Wellerman's CD

COPPERKNOB
BYEPOSTHEETS

拍數: 48 牆數: 0 級數: Improver Contra
編舞者: Arne Stakkestad (BEL) - September 2021
音樂: Wellerman (Sea Shanty) - Nathan Evans
或: Wellerman (Sea Shanty) - Tim Nash



Info: intro 4 counts

****2 Rows, partners facing each other with 1,5 meter distance**

Side Rock R, Recover, Behind, Side, Cross, Side Rock L, Recover, Behind, Side, Cross

1-2 RF step and rock right side, recover weight on LF
3&4 RF cross behind LF, Lf step left side, RF cross in front of LF
5-6 LF step and rock left side, recover weight on RF
7&8 LF cross behind RF, Rf step right side, LF cross in front of RF

Touch And Heel And Touch And Heel (Traveling Right), Toe Switches, Heel Hitch Heel

1&2 RF touch behind LF, RF step right side, LHeel touch in front of RF
&3&4 LF step in front of LF, RF touch behind LF, RF step right side, LHeel touch in front of RF
&5&6 LF step beside RF, RF touch right side, RF step beside LF, LF touch left side
&7&8 LF step beside RF, RHeel touch diagonally right front, hitch RKnee, RHeel touch diagonally right front

Shuffles Forward R,L, Hip Bumps R,L

1&2 RF step forward, LF step beside, RF step forward
3&4 LF step forward, RF step beside, LF step forward

Dancers now in 1 row

5&6 RF step beside and bump hips right, left, right
7&8 LF step beside and bump hips left, right, left

Shuffles Forward R,L, Pivot, Stomps R,L

1&2 RF step forward, LF step beside, RF step forward
3&4 LF step forward, RF step beside, LF step forward
5-6 RF step forward, ½ turn left on bal both feet and weight LF
7-8 RF stomp beside LF, LF stomp beside RF

Heel Jack R,L, Kick Ball Cross X2 (Traveling Right)

&1&2 RF step right side, LHeel touch diagonally left forw, return LF, return RF
&3&4 LF step left side, RHeel touch diagonally right forw, Return RF, return LF
5&6 RF kick forward, RF step on ball beside LF, LF cross in front of RF
7&8 RF kick forward, RF step on ball beside LF, LF cross in front of RF

Partners now in front of each other, 1,5 meter distance

Side and shimmy, Brush, Brush R, L

1-2 Step RF to R side, Shimmy Shoulders
3-4 Touch LF next to RF and Brush both hands backwards against side of thighs, Brush hands forward against side of thighs
5-6 Step LF to L side, Shimmy Shoulders
7-8 Touch RF next to LF and Brush both hands backwards against side of thighs, Brush hands forward against side of thighs