

# Wellerman's CD

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