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

1-2 RF step and rock right side, recover weight of	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 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 forward3&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)

RF step right side, LHeel touch diagonally left forw, return LF, return RF LF step left side, RHeel touch diagonally right forw, Return RF, return LF RF kick forward, RF step on ball beside LF, LF cross in front of RF 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, Shim	nmy 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