

Salt Water

拍數: 64 牆數: 1 級數: Advanced NC
編舞者: Michaela Tscherny (AUT) - September 2023
音樂: Salt Water - Ed Sheeran



Intro: 32 Counts

[1-8] Diamond, Hinge Turn, Step 2x, 3/8 Pivot Turn, Step

1-2 & Step L to L (1) Step R Back diagonal (2) Step L Back (&) 1:30
3-4 & Turn 1/8 R Stepping R to R (3) Step L Forward diagonal (4) Step R Forward (&) 4:30
5 Turn 1/8 R Stepping L to L and Turn 3/4 R (5) 3:00
6 & Step R Forward (6) Step L Forward (&) 3:00
7-8 & Step R Forward (7) Turn 3/8 L Stepping L Forward (8) Step R Forward (&) 10:30

[9-16] Arabesque, Rockstep, Side, Step 2x, Coaster Back, Raise Leg, Cross Behind, Side

1-2 Step L Forward (1) Raise R Leg up to the back (2) 10:30
3 & Rock R Forward (3) Recover on L (&) 10:30
4 & Turn 1/8 R Stepping R to R (4) Step L Together (&) 12:00
5-6 & Step R Forward (5) Step L Forward (6) Step R Together (&) 12:00
7 Step L Back and Raise R Leg straight up turning 1/8 R (7) 1:30
8 & Cross R behind L (8) Turn 1/8 L Stepping L to L (&) 12:00

[17-24] Basic, Sway, Weave, Stepping Circle, Full Turn

1-2 & Step R to R (1) Step L Together (2) Cross R over L (&) 12:00
3-4 & Turn 1/8 L Stepping L Forward (3) Recover on R (4) Recover on L (&) 10:30
5 Turn 1/8 R Crossing R over L and Sweep L from back to front (5) 12:00
6 & Cross L over R (6) Step R to R (&) 12:00
7 Cross L behind R and Sweep R from front to back (7) 12:00
8 & Cross R behind L (8) Turn 1/4L Stepping L Forward (&) 9:00

[25-32] Step 4x in a circle, Full Turn, Side Rock, Rolling Vine

1-2 Turn 1/8 R Stepping R Forward (1) Turn 1/8 R Stepping L Forward (2) 12:00
& 3 Turn 1/8 R Stepping R Forward (&) Turn 1/8 R Stepping L Forward (3) 3:00
4 & Step R Forward (4) Turn 1/2 R Stepping L Back (&) 9:00
5-6 Turn 1/4 R Stepping R to R (5) Hold (6) 12:00
7 Turn 1/4 L Recovering on L (7) 9:00
8 & Turn 1/4 L Stepping R to R (8) Turn 1/2 L Stepping L to L (&) 12:00

Tag 1 after 32 Counts in Wall 1 and Wall 3

[33-40] Step Hitch, Back 3x, Backrock, Pivot Turn

1-2 Turn 1/8 R Stepping R Forward (1), Hitch L (2) 1:30

Optional Arm movement: Raise both arms up over the head

3 & 4 Step L Back (3) Step R Back (&) Step L Back (4) 1:30

Optional Arm movement: Bring arms down in front of your body with wiggling fingers to interpret the word „water“

5-7 Step R Back (5) Hold (6) Recover on L (7) 1:30

& 8 Turn 1/2 L Stepping R Back (&) Turn 1/2 L Stepping L Forward (8) 1:30

& Turn 1/2 L Stepping R Back (&) 7:30

[41-48] 5/8 Pivot, Sweep, 1/4 Pivot 2x, Step 2x, Lunge, High Sweep, Behind, Rock

1 Turn 5/8 L Stepping L Forward and Sweep R from back to front (1) 12:00

2 & Cross R over L (2) Turn 1/4 R Stepping L Back (&) 3:00

- 3-4 & Turn ¼ R Stepping R to R (3) Turn 1/8 R Stepping L Forward (4) Step R Forward (&) 7:30
- 5-6 Step L Forward into a Lunge (5) Hold (6) 7:30
- 7 Recover on R and make High Sweep turning 3/8 L (7) 3:00
- 8 & Step L Back (8) Rock R Forward (&) 3:00

[49-56] Basic, Spiral Turn, Prissy Walks, Cross Unwind, Behind Side

- 1-2 & Turn ¼ L Stepping L to L (1) Step R Together (2) Cross L over R (&) 12:00
- 3 Turn ¾ L Spiral Turn on R (3) 3:00
- 4 Turn 1/8 R Stepping L Forward and Drag R to L (4) 4:30
- 5 Turn ¼ L Stepping R Forward and Drag L to R (5) 1:30
- 6-7 Turn 1/8 R Crossing L over R (6) Make a Full Turn R on the ball of both feet ending with weight on L Sweeping R from front to back (7) 3:00
- 8 & Cross R behind L (8) Step L to L (&) 3:00

[57-64] Cross Rock, Side Rock, Weave with Hitches, Full Turn, Cross

- 1&2& Cross R over L (1) Recover on L (&) Step R to R (2) Recover on L (&) 3:00
- 3 Cross R over L and Hitch L (3) 3:00
- 4 & Cross L over R (4) Step R to R (&) 3:00
- 5-6 Cross L behind R and Hich R (5) Cross R behind L (6) 3:00
- & 7 Turn ¼ L Stepping L Forward (&) Turn ½ L Stepping R Back (7) 6:00
- 8 & Turn ½ L Stepping L Forward (8) Cross R over L (&) 12:00

Tag 1: After 32 Counts in Wall 1 and Wall 3

[1-4] 7/8 Cross Unwind

- 1 Cross R over L (1) 12:00
- 2-4 Turn 7/8 L on ball of both feet ending with weight on L 1:30

Start on Count 33 without turning 1/8 R

Tag 2: After Wall 2

[1-8] Sway 2x, Step 2x, ½ Pivot, Step, Turn

- 1-4 Step L to L (1) Hold (2) Recover on R (3) Hold (4) Optional: Arm movement: 12:00

Raise both hands to head level to interpret the word „dream“

- 5-6 & Turn ¼ L Stepping L Forward (5) Step R Forward (6) Step L Forward (&) 9:00
- 7-8 & Turn ½ R Stepping R Forward (7) Step L Forward (8) Turn ½ L Stepping R Back (&) 6:00

[9-16] Sway 2x, Step 2x, ½ Pivot, Step, Turn

- 1-4 Turn ¼ L Stepping L to L (1) Hold (2) Recover on R (3) Hold (4) 6:00
- 5-6 & Turn ¼ L Stepping L Forward (5) Step R Forward (6) Step L Forward (&) 3:00
- 7-8 & Turn ½ R Stepping R Forward (7) Step L Forward (8) Turn ½ L Stepping R Back (&) Turn ¼ L to start again on Count 1 of the Tag 12:00

[17-32] Repeat Counts 1-16

After dancing the last Counts 32 &, turn ¼ L to start again on Count 1 with the diamond.

If you have any questions, please contact me per email: michaela.tscherny@aon.at
