

# Buried at Sea

拍數: 32

牆數: 2

級數: Phrased Intermediate / Advanced  
NC2S



編舞者: Adam Åstmar (SWE) - September 2024

音樂: Buried at Sea - David Kushner : (iTunes)

**Intro:** Dance starts immediately, prepare with weight on RF stepped back, like doing a rock back on RF.

**Sequence:** AAA-T1-BB-AA-T1-BB-Aa(8)-T2-BB-A

## A (16)

**A – 1: Rock Back. Ball Full Turn L, Sweep. Weave, Hitch. Behind ¼ Step. Step ½ Turn.**

- 1 – 2 &      Rock back on RF, prep upper body to R (1). Recover on LF (2). Turn ½ L step back on RF (&). [6:00]
- 3 – 4 &      Turn ½ L step forward on LF, sweep RF from back to front (3). [12:00] Cross RF over LF (4). Step to L on LF (&).
- 5 – 6 &      Step RF behind LF hitch L knee (5). Step LF behind RF (6). Turn ¼ R step forward on RF (&). [3:00]
- 7 – 8 &      Step forward on LF (7). Step forward on RF (8). Turn ½ L place weight on LF (&). [9:00]

**A – 2: ¼ Sway R. Sway L. Cross Rock with Bend. Ball Step Side. Cross. Side Rock. Cross, Side.**

- 1 – 2      Turn ¼ L step to R on RF sway to R (1). Sway to L (2). [6:00]
- 3 – 4 &      Cross rock RF over LF, bend knees and collapse body (3). Recover on LF (4). Step to R on RF (&).
- 5 – 6      Cross LF over RF (5). Rock to R on RF (6).
- 7 – 8 &      Recover on LF (7). Cross RF over LF (8). Step to L on LF (&).

## B (16)

**B – 1: Back, Hook, Step with Sweep. Syncopated Jazz Box ¼ Cross. Side Rock with Arm Movements. Side, Touch. Chasse ¼ Turn.**

- 1 & 2      Step back on RF (1). Hook LF over RF (&). [12:00] Step forward on LF, sweep RF from back to front (2).
- 3 & 4 &      Cross RF over LF (3). Turn ¼ R step back on LF (&). [3:00] Step to R on RF (4). Cross LF over RF.
- 5 – 6      Rock to R on RF (5). Recover on LF, look to L (6).
- 7 &      Step to R on RF, return head to normal position (7). Touch LF next to RF (&).
- 8 & a      Step to L on LF (8). Close RF next to LF (&). Turn ¼ L step forward on LF (a). [12:00]

**Arms For the arms on counts 5 – 6 – 7 & we're going to make a big wave with R hand and a small wave with L hand. The big wave will then go under the small wave and then we pull R hand to R shoulder and L hand to L side.**

5 & 6      R hand: With fingers pointing up, push hand up slightly above head (5).

L hand: Make a small wave forward, keeping fingers pointing forward and arm straightened out (5).

R hand: Now “dive down”, turning fingers so they point down (imagine a roller coaster going up a hill and then down) (&).

L hand: Keep it where it is (&).

R hand: Push hand under L hand with fingers pointing to L side (6).

L hand: Keep it where it is (6).

7 &      R hand: Start pulling hand to R shoulder (7).

L hand: Start pushing hand towards L side (7).

R hand: Finish pulling hand towards R shoulder (&).

L hand: Finish pushing hand towards L side (&).

**Drop hands while doing the chasse!**

**B – 2: ½ Back Sweep, Back Sweep. Pony Step R. 2X Back Sweep. Pony Step L. Walk Forward R, L with Arm Movements. Rock Forward. Full Turn R.**

- 1 & Turn ½ L step back on RF, sweep LF from front to back (1). [6:00] Step back on LF, sweep RF from front to back (&).
- 2 & a Step back on RF, hitch L knee (2). Step LF next to RF (&). Step back on RF, hitch L knee (a).
- 3 & Step back on LF, sweep RF from front to back (1). Step back on RF, sweep LF from front to back (&).
- 4 & a Step back on LF, hitch R knee (2). Step RF next to LF (&). Step back on LF, hitch R knee (a).
- 5 – 6 Walk forward on RF (5), LF (6).
- 7 & 8 & Rock forward on RF (7). Recover on LF (&). Turn ½ R step forward on RF (8). Turn ½ R step back on LF (&).

**Arms For counts 5 – 6 we're going to do two different kind of arms depending on what B we're on. B always comes in 2 and these arms will be different depending on the lyrics.**

**B first time: Cross both hands formed into fists over chest.**

**B second time: Spread fingers, push hands towards each other in front of chest.**

5 – 6 B First time (Singing "My dear" in the song):

**Form hands into fists and cross them in front of your chest, like making a small X mark. Hold them there for 2 counts (5, 6).**

**B Second time (Singing "I fear" in the song):**

**Bring hands to chest height, palms facing body, fingers spread and pointing towards each other.**

**Push hands in slowly towards the center over 2 counts, still keeping them near the chest (5, 6).**

**Tag 1: Rock Back. Chase ½ Turn. ½ Back.**

- 1 – 2 Rock back on RF (1). Recover on LF (2).
- 3 & 4 & Step forward on RF (3). Turn ½ L place weight on LF (&). Step forward on RF (4). Turn ½ R step back on LF (&).

**Tag 2: ¼ Sway R. Sway L. Cross Rock. Side Rock.**

- 1 – 2 Turn ¼ L step to R on RF sway to R (1). Sway to L (2).
- 3 & 4 & Cross rock RF over LF (3). Recover on LF (&). Rock to R on RF (4). Recover on LF (&).

**Have fun!**

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