

Sea Cruise (J.C)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4
編舞者: Judith Campbell (NZ)
音樂: Sea Cruise - Dion

級數: Beginner



ROCK FORWARD, BACK - COASTER - ½ PIVOTS TO LEFT - (TWICE)

Cross with side ball change or (for more of a challenge) cross jump clicking both heels together in the air

- 1-2-3&4 Rock forward on right foot, rock back on left foot, coaster on right foot (back together forward)
5-6-7&8 Rock forward on left foot, rock back on right foot, coaster on left foot (back together forward)

- 1-4 Step forward on right foot, ½ pivot to left, step forward on right foot, ½ pivot to left
5&6 Step right foot across and slightly forward in front of left, step left to left side, step right foot forward slightly
7&8 Step left foot across and slightly forward in front of right, step right to right side, step left foot forward slightly

For more of a challenge instead of the "cross side ball change" on counts 5-8

- 5 Step right across left
& Jumping into the air lift right foot up to meet the left foot clicking both heels together
6-8 Land on right foot, step left across right, lift and click heels, land on left foot

2 STEP LOCKS FORWARD WITH A SCUFF - JAZZ BOX WITH ¼ TURN RIGHT - 3 HEEL SWITCHES (DIGS) - CLAP

- 1-4 Step forward lock with right foot and scuff left foot forward
5-8 Step forward lock on left foot and scuff right foot forward
1-4 Jazz box with ¼ turn to right
5-8 Three heel digs / switches diagonally front right, left, right, clap

SIDE ROCK RECOVER - HOLD - SIDE ROCK RECOVER - HOLD - 4 TOE HEEL STRUTS BACK

- 1-4 Side rock to right with right foot, recover onto left foot, cross right foot over left, hold
5-8 Side rock to left with left foot, recover onto right foot, cross left foot over right, hold

4 TOE /HEEL STRUTS BACKWARDS RIGHT LEFT RIGHT LEFT

- 1-2 Swinging right hand out to side and click fingers
3-4 Swing right hand across body and click fingers
5-8 Repeat counts 1-4

Follow the hand with your head

TWO ¼ MONTEREYS - TWO WALKS FORWARD - 4 HEEL TAPS TURNING ½ RIGHT

- 1-4 ¼ Monterey on right foot
5-8 ¼ Monterey on right foot
1-2 Big step forward on right foot forward, slightly bending forward, swinging left arm forward and looking to the right side, hold
3-4 Big step forward on left foot swinging right arm forward and looking to the left side hold
5-8 ½ turn to right keeping both feet on the ground just beating the heels

For the ½ turn heel beats make a wave motion with the hand - like the sea, up down- up down

REPEAT