

Seashores

拍數: 102 牆數: 4 級數: Intermediate waltz
編舞者: Barbara R. K. Wallace (CAN)
音樂: The Seashores of Old Mexico - George Strait



STEP FORWARD LEFT, ROCK SIDE RIGHT RECOVER LEFT, STEP FORWARD RIGHT, ROCK SIDE LEFT RECOVER RIGHT, ¼ TURNING WALTZ LEFT, WALTZ BACK RIGHT

1-2-3 Step forward on the left foot, rock side right, recover on the left
4-5-6 Step forward on the right foot, rock side left, recover on the right
7-8-9 Step forward on the left as you make a ¼ left, step together with the right, step on the left
10-11-12 Step back on the right, step together with the left, step on the right
13-24 REPEAT STEPS 1-12

VINE THREE LEFT, ½ TURN LEFT, VINE THREE RIGHT, SWAY LEFT, SWAY RIGHT

25-26-27 Step side left, right behind, step side left and make ½ turn left
28-29-30 Step side right, left behind, step side right
31-32-33 Step side left (31) as you sway left (32, 33)
34-35-36 Step side right (34) as you sway right (35, 36)
37-48 Repeat steps 25-36

LEFT FORWARD ROCK, RECOVER, SWEEP, COASTER BACK, RIGHT FORWARD ROCK, RECOVER, SWEEP, COASTER BACK

49-50-51 Rock forward left, recover back right, sweep left foot to the left to the side
52-53-54 Step back on the left, together with the right, step forward with the left
55-56-57 Rock forward right, recover back left, sweep right foot to the right to the side
58-59-60 Step back on the right, together with the left, step forward with the right

STEP FORWARD LEFT, POINT RIGHT TOE TO SIDE, HOLD, STEP FORWARD RIGHT AND MAKE ¼ TURN RIGHT, POINT LEFT TOE TO SIDE, HOLD (REPEAT TWO MORE TIMES)

61-62-63 Step forward left, point right toe to right side, hold
64-65-66 Step forward on the right and make ¼ turn to the right, point left to left side, hold
67-72 Repeat steps 61-66
73-78 Repeat steps 61-66

LEFT LOCK STEP, ¼ TURN LEFT AND CROSS, STEP DRAW LEFT, STEP DRAW RIGHT

79-80-81 Step forward left, lock the right foot behind the left, step forward left
82-83-84 Step forward right, make ¼ turn left, cross the right over the left
85-86-87 Step side left, draw the right to meet the left (2 counts)
88-89-90 Step side right, draw the left to meet the right (2 counts)
91-102 Repeat steps 79-90

REPEAT
