

# By The Sea

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Rita Masur (CAN)  
音樂: Na Mara - The Borderers



## CROSS, STEP, SAILOR STEP

1-2            Right foot cross-step over left foot, left foot step to side  
3&4           Right foot sailor step (right foot step behind left foot, left foot step to side, right foot step to side)

## CROSS, STEP, SAILOR STEP

1-2            Left foot cross-step over right foot, right foot step to side  
3&4           Left foot sailor step (left foot step behind right foot, right foot step to side, left foot step to side)

## FORWARD STEP, CROSS STEP, STEP BACK, STEP BACK, CROSS STEP, STEP BACK, STEP ¼ TURN RIGHT, STEP TOGETHER

1-2            Right foot step forward, left foot cross-step over right foot  
3-4            Right foot step back, left foot step back "traveling past" right foot  
5-6            Right foot cross-step over left foot, left foot step back  
7-8            Right foot step ¼ turn right, left foot step beside right foot

## ROCK, RECOVER, TRIPLE STEPS

1-2            Right foot cross-rock forward, recover on left foot  
3&4            Triple step in place (right-left-right)  
5-6            Left foot cross-rock forward, recover on right foot  
7&8            Triple step in place (left-right-left)

## ½ TURNING SHUFFLE LEFT, ROCK STEP BACK, RECOVER, ½ TURNING SHUFFLE RIGHT, STEP BACK, STEP TOGETHER

1&2            Shuffle forward on right foot starting ½ turn to the left (right-left-right)  
3-4            Rock step back on left foot, rock forward onto right foot (weight on right foot)  
5&6            Shuffle forward on left foot starting ½ turn to the right (left-right-left)  
7-8            Step back on right foot, step left foot beside right foot (weight on left foot)

## REPEAT