

Sea Cruise

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Phrased Intermediate
編舞者: Ginny Sheridan (USA) - November 2007
音樂: Sea Cruise - Frankie Ford : (CD: 50s Rock 'N Roll)



Sequence: ABC, ABC, ABC, BC

PART A

ROCKING CHAIR, ROCKING CHAIR

1-2 Rock forward on right, recover back onto left
3-4 Rock right back, recover forward onto left
5-8 Repeat steps 1-4

TOUCH POINTED IN, STEP x 4

9-10 Touch right foot to side and pointed in toward left, step right foot forward
11-12 Touch left foot to side and pointed in toward right, step left foot forward
13-16 Repeat steps 9-12

STEP SIDE, TOUCH, ¼ TURN LEFT & STEP SIDE, TOUCH, ¼ TURN RIGHT & STEP SIDE, TOUCH, STEP FORWARD, SCUFF

17-18 Step right to side, touch left next to right
19-20 Turn ¼ to left & step left to side, touch right next to left
21-22 Turn ¼ to right & step right to side, touch left next to left
23-24 Step forward on left, scuff right

JAZZ BOX, STOMP, SCUFF, STOMP, CLAP

25-28 Cross right over left, step left back, step to side on right, step forward on left
29-32 Stomp right, scuff left, stomp left, clap

PART B

HEEL GRIND, STEP, ROCK BACK, RECOVER, HEEL GRIND, STEP, COASTER STEP

1-2 Grind right heel forward, step down on left foot
3-4 Step right back, step forward on left
5-6 Grind right heel forward, step down on left foot
7&8 Step right back, step left beside right, step right forward

HEEL GRIND, STEP, ROCK BACK, RECOVER, HEEL GRIND, STEP, COASTER STEP

9-10 Grind left heel forward, step down on right foot
11-12 Step left back, step forward on right
13-14 Grind left heel forward, step down on right foot
15&16 Step back left, step right beside left, step left forward

TWO ¼ MONTEREY TURNS RIGHT

17-18 Touch right to side, turn ¼ right and step right together
19-20 Touch left to side, step left together
21-24 Repeat steps 17-20

JAZZ BOX, STOMP, SCUFF, STOMP, CLAP & TURN RIGHT

25-28 Cross right over left, step left back, step to side on right, step forward on left
29-32 Stomp right, scuff left, stomp left, clap & turn ¼ to right, keeping weight on left foot

PART C

THREE STEPS FORWARD, SCOOT BACK, STEP, SCOOT FORWARD, STEP, HITCH & KICK SIDE

- 1-4 Walk forward right, left, right, scoot right back
5-8 Step down on left, scoot forward on left, step down on right, hitch with left kick to side

STEP, HITCH & KICK SIDE, TURN ¼ & STEP, HITCH & KICK SIDE, STEP, HITCH & KICK SIDE, TURN ¼ & STEP, HITCH

- 9-12 Step down on left, hitch with right kick to side, turn ¼ to right and step down on right, hitch with left kick to side
13-16 Step down on left, hitch with right kick to side, turn ¼ to right and step down on right, hitch with left knee bent

THREE STEPS FORWARD, SCOOT BACK, STEP BACK, STEP TOGETHER, OUT, OUT

- 17-20 Step forward left, right, left, scoot left back
21-24 Step back right, left together with right, step out to side on right, step out to side on left

Feet are apart after steps 23-24

KNEES IN & OUT, IN & OUT, IN & OUT, HOLD, JAZZ BOX WITH ¼ TURN RIGHT

- 25&26&27& Move both knees in, out, in, out, in, out
28 Hold
29-32 Cross right over left, step left back, turn ¼ to right and step on right, step forward on left
-