

Lady Of The Sea

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael Lynn (UK) - November 2007
音樂: Lady of the Sea - Seth Lakeman



(24 count intro, 130bpm)

CROSS SIDE, HOP HOP HOP, BEHIND SIDE HEEL, BEHIND SIDE HEEL

1-2 Cross left over right, step right to right side,
&3&4 Hop left to left side, touch right beside left, hop right to right side, touch left beside right,
& Step left to left side,
5&6 Cross right behind left, step left to left side, dig right heel to right diagonal,
&7&8 Step weight onto right, cross left over right, step right to right side, dig left heel to left diag.

STEP, ROCK RECOVER, 3/4 TRIPLE TURN, TWIST TWIST, STEP TOUCHES

&1-2 Step weight onto left, rock forward right, recover weight back onto left,
3&4 3/4 triple turn, stepping - right, left, right,
5-6 Twist ½ left, twist, ½ right,
7&8& Step forward right, tap left next to right heel, step left back, tap right toe over left.

RIGHT LOCKSTEP, KICK TWIST HITCH, WEAVE, SWITCHES

1&2 Step forward right, lock left behind right, step forward right,
3-4 Kick left foot, twist 1/2 left & hitch,

RESTART: Restart dance from beginning at this point on Wall 5

5&6 Cross left behind right, step right to right side, cross left over right,
7&8& Touch right to right side, step right beside left, touch left to left side, step left beside right.

TOUCH HITCH STEP, STEP PIVOT 1/2, PENGUIN WALKS, HOLD BANG HEELS x2

1&2 Touch forward right, hitch right, step forward right,
3-4 Step forward left, pivot 1/2 turn right,
5&6& Step forward onto left heel, step forward onto right heel, step back left toe, step back right toe,
7&8 Hold count 7, bang both heels together x2 (keeping weight on right).

Begin again.