

# Seven Seas

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Rob Fowler (ES) - December 2007  
音樂: Pirate of the 7 Seas - Rick Guard : (Album: Stop It & Dance!)



Intro: 64 counts from first beat, 25 seconds into track

## Section 1: Toe Strut R, L, R, L

- 1 - 2      Step right toe forward. Drop right heel taking weight. (12.00)
- 3 - 4      Step left toe forward. Drop left heel taking weight.
- 5 - 6      Step right toe forward. Drop right heel taking weight.
- 7 - 8      Step left toe forward. Drop left heel taking weight.

## Section 2: Out, Out, Cross and rotate arms

- 1 - 2      Step diagonal forward on R. Step diagonal forward on L.
- 3 - 4      Clap R hand on your back, clap L hand on your back.
- 5          Put the R arm in front of your chest in a 45 degrees angle to the left
- 6          Cross the L arm between your R arm and your chest in a 45 degrees angle to the right.
- 7 - 8      Rotate both arms, forward, down and back in front (take your arms down again)

## Section 3: Strutting Jazz Box Step With 1/4 Turn Right.

- 1 - 2      Cross right toe over left. Drop right heel taking weight.
- 3 - 4      Touch left toe back. Drop left heel taking weight.
- 5 - 6      Turn 1/4 right touching right toe to right side. Drop right heel taking weight. (3.00)
- 7 - 8      Touch left toe beside right. Drop left heel taking weight.

## Section 4: Heel taps Right, Heel taps Left

- &          Touch Right toe forward on a Right diagonal
- 1 - 4      Tap Right heel to floor 4 times.

**Optional: Put your left hand and shoulder forward on count 1, and move slowly your arm and shoulders back to 'neutral' on count 1 to 4**

- &          Take weight on Right, Touch Left toe forward on a Left diagonal
- 5 - 8      Tap Left heel to floor 4 times.

**Optional: Put your right hand and shoulder forward on count 5, and move slowly your arm and shoulders back to 'neutral' on count 5 to 8**

- &          Take weight on Left. (3.00)

Begin again

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