

Seven Seas

COPPERKNOB
STEPSHEETS

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 i a 45 degrees angel to the left
- 6 Cross the L arm between your R arm and your chest i a 45 degrees angel 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
