

Sea Shells (P)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Intermediate Partner / Circle
編舞者: Dan Albro (USA) - October 2011
音樂: Blue Night - Michael Learns to Rock : (CD: 19 Love Ballads / Blue Night)



Alt music: Jumpin The Jetty by Coastline [CD: Sneakin' Out Back]

Intro: 32 counts. - Position: Side by Side position facing LOD, same footwork except where noted

Choreographed for "Dance Across The Seas" Cruise to the Bahamas May 2011

SHUFFLE FORWARD, SHUFFLE FORWARD, ½ TURN SHUFFLE SIDE, ½ TURN SHUFFLE SIDE

1&2-3&4 Chassé forward right, left, right, chassé forward left, right, left

5&6 Turn ¼ left and step right to side (ILOD), step left together, turn ¼ left and step right back

7&8 Turn ¼ left and step left to side (OLOD), step right together, step left to side

Drop lady's left hand on count 5 and bring right hands over lady's head.

Pick up left hands and release right hands on count 6 and bring left hands over lady's head on count 7.

WEAVE, ROCK, REPLACE, ¼ SHUFFLE FORWARD

1-2-3-4 Cross right over left, step left to side, cross right behind left, step left to side

5-6 Cross/rock right over left, recover to left

7&8 Turn ¼ right and step right forward, step left together, step right forward

MAN: ½ PIVOT, ROCKING CHAIR, ¼ TURN REPLACE, STEP SIDE, STEP TOGETHER / LADY: ½ PIVOT, ½ PIVOT, ROCK, ¼ TURN REPLACE, STEP SIDE, STEP TOGETHER

1-2-3-4 MAN: Step left forward, turn ½ right (weight on right), rock left forward, recover to right

1-2-3-4 LADY: Step left forward, turn ½ right (weight on right), step left forward, turn ½ right (weight on right)

5-6-7-8 MAN: Rock left back, recover to right, turn ¼ right and step left to side, step right together

5-6-7-8 LADY: Step left forward, turn ¼ left (weight to right), step left to side, step right together

Drop left hands, bring right hands over man's head on count 1, bring right hands over lady's head on count 4, pick up left hands on count 7 facing OLOD

RHUMBA BOX, SHUFFLE FORWARD ¼ TURN

1-2-3-4 Step left forward, touch right together, step right to side, step left together

5-6 Step right back, touch left together

7&8 Step left to side, step right together, turn ¼ left and step left forward (LOD)

REPEAT