

Das Meer, der Wind und Du

Count: 32

Wand: 2

Ebene: Absolute Beginner Contra

Choreograf/in: Silvia Schill (DE) - December 2022

Musik: Das Meer, der Wind und du - Nik P.



The dance begins with the use of the beat, at 'Das Meer, der Wind und Du; line up in 2 rows facing each other, on gap

S1: Vine r, rolling vine l (with claps)

- 1-2 Step right with right - cross LF behind right
- 3-4 Step right with right - tap LF next to right/clap
- 5-8 3 steps towards left, making one full turn left (l - r - l) - tap RF next to left/clap

S2: walk 3, kick, back 3, touch

- 1-2 Step forward with right - step forward with left (swinging arms up like a wave from bottom to top) (walk into the gap)
- 3-4 Step forward with right - kick LF forward
- 5-6 Step back with left - step back with right (swinging arms like a wave from top to bottom) (walk back again)
- 7-8 Step back with left - touch RF next to left

S3: Side, touch r + l, walk 4

- 1-2 Step right with right - touch LF next to right (arms up and snap right)
- 3-4 Step left with left - touch RF next to left (arms up and snap left)
- 5-8 4 steps forward (r - l - r - l) (into the gap)

S4: Rocking chair, step, pivot ½ l, stomp, stomp.

- 1-2 Step forward with right - weight back on LF
- 3-4 Step back with right - weight back on LF
- 5-6 Step forward with right - ½ turn left around on both balls, weight at the end left (6 o'clock)
- 7-8 Stomp RF next to left - stomp LF next to right.

Repeat to the end
