

# Calypso Rock

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Hannah Hepton (UK) - April 2025

Musik: Calypso - Sail North



**Intro Option:** Start after "She was the captain's daughter" or do the optional 16-count intro below.

**Restart:** Wall 3, after Section 2

**Tags:** None

**Styling Tip:** Hold a bandanna in your right hand and wave during "arm-ography"

## Optional 16-Count Intro (Dance Once Only)

**Start on "What shall we do":**

1&2 Right toe, heel, stomp + clap

3&4 Left toe, heel, stomp + clap

**Repeat**

## SECTION 1 – Cross Rock, Recover (R & L)

1&2 Cross right over left, recover onto left

3&4 Cross right again, recover left (hold)

5&6 Cross left over right, recover onto right

7&8 Cross left again, recover right (hold)

## SECTION 2 – Diagonal Walks, Fists, Hips & Waves

1–2 Step right to right diagonal, left to left diagonal

3–4 Hold + pump right fist up twice

5–8 Sway hips L–R–L–R while waving right arm L–R–L–R

**Restart here on Wall 3**

## SECTION 3 – Diagonal Stomps, Walk Back, Jumps

1–2 Stomp right diagonal + clap, touch left beside right

3–4 Stomp left diagonal + clap, touch right beside left

5–6 Walk back right, left

7–8 Jump feet together twice, double-pump right fist

## SECTION 4 – Grapevine, Turn, Kick Ball Change

1–4 Grapevine right (R side, L behind, R side, touch L beside R)

5–6 Step right forward, ¼ turn left (weight ends on left)

7&8 Kick right, step ball of right next to left, step left in place

**Restart from SECTION 1**

This dance was created for a Sea Shanty festival demonstration in Cornwall, UK. Enjoy! Any questions please contact [FieroFitnessUK@gmail.com](mailto:FieroFitnessUK@gmail.com)

**Last Update – 23 Apr. 2025 – R1**