The Four Seas

Count: 64

Level: High Beginner

Choreographer: Kenny Teh (MY) - May 2020

Music: Cai Wei (采薇) - Zhang Qu (张渠)

Start dance after 16 counts from first beat:

- 1234 Skate forward Rf, skate forward Lf, skate forward Rf, hold
- 5678 Step Lf forward, pivot 1/2 turn right onto Rf, 1/2 turn right on Lf, sweep Rf front to back
- 1234 Cross Rf behind Lf, step Lf to left, cross Rf over Lf, hold
- 5678 Recover Lf, step Rf to right, cross Lf over Rf, hold
- 1234 Touch R toe beside, touch R toe to right, touch R toe beside, kick Rf diagonally right 5678 Sweep Rf behind making a ³/₄ turn right stepping RLR, hold (9.00)
- 1234 Sway/Rock LRLR
- 5678 Sweep Lf behind making a 1/2 turn left stepping LRL, hold (3.00)

Restart here on Wall 1 and 3

1234 Cross Rf over Lf, step Lf to left, cross Rf over Lf, on ball of Rf make ¹/₂ turn left (9.00) 5678 Cross Lf over Rf, step Rf to right, cross Lf over Rf, on ball of Lf make ¹/₂ turn right (3.00) 1 - 8 Making a full turn right walking RLR, hold LRL, hold 1234 Step Rf forward make a 1/4 turn right while rotating shoulders RLRL (6.00) 5678 Cross Lf over Rf, step Rf to right, cross Lf over Rf, hold 1234 Make a full right turn stepping RLR, hold Step Lf beside Rf, step Rf beside Lf, big step Lf to left, hold 5678

End of 5th Wall Tag - 4 count

1234 Bend Lf turning body to diagonally left keeping R toe to right, pose and hold





Wall: 4