

# Merekarud (Wellerman Estonia)

Compte: 32

Mur: 4

Niveau: Phrased Beginner

Chorégraphe: Andrus Lippmaa (EST) - June 2021

Musique: Merekarud (Wellerman) - Meie Mees



Intro : 32 counts

Sequence: A-B-B-A-B-A-B-A-B-B-A-B-B-B

## A

**[1-8] R-L cross heel touches, R scuff-hitch-back, heels out-in-out-in, L shuffle forward**

- 1&2& touch R heel across L, R step next to L, touch L heel across R, L step next to R
- 3&4 scuff R heel in place, hitch R knee forward, R step back
- 5&6& swivel both heels out-in-out-in (weight on both legs)
- 7&8 L step forward, R step next to L, L step forward

**[9-16] R ¼ pivot left, R cross, ¼ right, 1/4 right, L cross, R side-rock-cross, L side-rock, L stomp**

- 1&2 R step forward, turning ¼ left change weight onto L, R step across L
- 3&4 turning ¼ right step L back, turning ¼ right step R to right side, L step across R
- 5&6& R rock step to right side, change weight onto L, step R across L, L rock step to left side
- 7-8 change weight onto R, stomp L next to R (with weight)

## B

**[1-8] R-L walk forward, R rock step forward, R back, L-R walk back, L coaster step**

- 1-2 R step forward, L step forward
- 3&4 R rock step forward, change weight back onto L, R step back
- 5-6 L step back, R step back
- 7&8 L step back, step R next to L, L step forward

**[9-16] R shuffle forward, L ¼ pivot right, L cross, R right, 3 x ¼ paddle turn left, R touch**

- 1&2 R step forward, L step next to R, R step forward
- 3&4& L step forward, turning ¼ right change weight onto R, L step across R, R rock step to right side
- 5&6& turning ¼ left step L in place, step on ball of R next to L, turning ¼ left step L in place, step on ball of R next to L
- 7-8 turning ¼ left step L in place, touch R next to L

**At the end of the dance turn 1/2 left with last paddle turn to finish dance to 1st wall.**

**Last Update - 7 June 2021**