Song Of The Sea

级数: Phrased Intermediate

编舞者: Jennifer Jou (TW) - August 2015

音乐: "Song Of The Sea" by Ah Mei Cultural music

Introduction : 6 counts

Sequence : Intro dance /A/A/B/C/B/C/ Intro dance(20) /B/C/ Pose

[[[Intro Dance : 36 counts 1]]

拍数: 176

Sec 1 : SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK

- Step RF to right side, cross step LF behind RF, step RF to right side, kick LF to right diagonal 1-4
- 5-8 Step LF to left side, kick RF to left diagonal, step RF to right side, kick LF to right diagonal

Sec 2 : SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK

- Step LF to left side, cross step RF behind LF, step LF to left side, kick RF to left diagonal 1-4 5-8 Step RF to right side, kick LF to right diagonal, step LF to left side, kick RF to left diagonal
- Sec 3 : SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK **Repeat Sec 1**

Sec 4: SIDE, CROSS BEHIND, SIDE, KICK, SIDE, KICK, SIDE, KICK **Repeat Sec 2**

Sec 5 : STOMP TWICE

- 1-2 Stomp RF in place
- 3-4 Stomp RF in place

[[[Part A : 48 counts]]]

Sec A1 : CROSS OVER, RECOVER, BACK, RECOVER, CROSS OVER, RECOVER, SIDE, HOLD

- 1-4 Cross step RF over LF, recover onto LF, step RF back, recover onto LF
- 5-8 Cross step RF over LF, recover onto LF, step RF to right side, hold

Sec A2 : CROSS OVER, RECOVER, BACK, RECOVER, CROSS OVER, RECOVER, SIDE, HOLD

- 1-4 Cross step LF over RF, recover onto RF, step LF back, recover onto RF
- 5-8 Cross step LF over RF, recover onto RF, step LF to left side, hold

Sec A3 : WALK FORWARD, POINT, HITCH, POINT, TOGETHER

- Step RF forward, step LF forward, step RF forward, step LF forward 1-4
- 5-8 Point RF to right side, hitch right knee up and next to LF, point RF to right side, step RF next to LF

Sec A4 : WALK BACK, POINT, HITCH, POINT, TOGETHER

- 1-4 Step LF back, step RF back, step LF back, step RF back
- 5-8 Point LF to left side, hitch left knee up and next to RF, point LF to left side, step LF next to RF

Sec A5 : (OUT, OUT, IN, IN) *2

- 1-4 Step RF forward on right diagonal, step LF forward on left diagonal, step RF back, step LF next to RF
- 5-8 Repeat count 1-4

Sec A6 : PADDLE QUARTER TURN LEFT *4 TOUCH

- Step ball of RF forward, pivot 1/4 turn left, step ball of RF forward, Pivot 1/4 turn left (6:00) 1-4
- 5-8 Repeat count 1-4 (12:00)

[[[TAG : 4 counts]]]

TAG□SIDE, TOUCH, SIDE, TOUCH



COPPERKNO

墙数:1

1-4 Step RF to right side, touch LF beside RF, step LF to left side, touch RF beside LF

[[[Part B : 64 counts]]]

Sec B1: SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH

- 1-4 Step RF forward, step LF behind RF, step RF forward, flick LF behind RF
- 5-8 Step LF back, step RF in front of LF, step LF back, raise right knee up

Sec B2 : (JUMP, TOUCH, IN PLACE) *2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) *2

- 1&2 Jump to right side on RF, touch left toe next to RF, step ball of RF in place
- 3&4 Jump to left side on LF, touch right toe next to LF, step ball of LF in place
- 5&6 Make 1/4 turn left Jumping to right side on RF, touch left toe next to RF, step ball of RF in place (9:00)
- 7&8 Jump to left side on LF, touch right toe next to LF, step ball of LF in place

Sec B3 : SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH Repeat Sec B1

Sec B4 : (JUMP, TOUCH, IN PLACE) *2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) *2 Repeat Sec B2 (6:00)

Sec B5 : SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH Repeat Sec B1

Sec B6 : (JUMP, TOUCH, IN PLACE) *2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) *2 Repeat Sec B2 (3:00)

Sec B7 : SHUFFLE FORWARD, FLICK, SHUFFLE BACK, HITCH Repeat Sec B1

Sec B8 : (JUMP, TOUCH, IN PLACE) *2, 1/4 TURN LEFT, (JUMP, TOUCH, IN PLACE) *2 Repeat Sec B2 (12:00)

[[[Part C : 64 counts]]]

Sec C1: FORWARD, HOLD, TOGETHER, FORWARD, HOLD, POINT, HITCH, POINT, HITCH

- 1-2&3-4 Step RF forward, hold, step LF next to RF, step RF forward, hold
- 5-8 Point LF to left side, hitch left knee up, point LF to left side, hitch left knee up

Sec C2 : BACK, HOLD, TOGETHER, BACK, HOLD, POINT, HITCH, POINT, HITCH

1-2&3-4 Step LF back, hold, step RF next to LF, step LF back, hold

5-8 Point RF to right side, hitch right knee up, point RF to right side, hitch right knee up

Sec C3: FORWARD, HOLD, TOGETHER, FORWARD, HOLD, POINT, HITCH, POINT, HITCH Repeat Sec C1

Sec C4: BACK, HOLD, TOGETHER, BACK, HOLD, POINT, HITCH, POINT, HITCH Repeat Sec C2

Sec C5 : STOMP, HOLD, RECOVER, TOUCH, 1/4 TURN LEFT, SIDE, TOUCH, 1/4 TURN LEFT, FORWARD, TOUCH

- 1-4 Stomp RF back, hold, recover onto LF, touch RF next to LF
- 5-8 Make 1/4 turn left stepping RF to right side, touch LF next to RF, make 1/4 turn left stepping LF forward , touch RF next to LF (6:00)

Sec C6 : STOMP, HOLD, RECOVER, TOUCH, 1/4 TURN LEFT, SIDE, TOUCH, 1/4 TURN LEFT, FORWARD, TOUCH Repeat Sec C5 (12:00)

Sec C7 : ROCKING CHAIR, FORWARD, RECOVER, CROSS BEHIND, SIDE, CROSS OVER

- 1-4 Rock RF forward on right diagonal, recover onto LF, rock RF back on left diagonal, recover onto LF
- 5-6 Rock RF forward on right diagonal, recover onto LF
- 7&8 Cross step RF behind LF, step LF to left side, cross step RF over LF

Sec C8 : ROCKING CHAIR, FORWARD , RECOVER, CROSS BEHIND, SIDE, CROSS OVER

- 1-4 Rock LF forward on left diagonal, recover onto RF, rock LF back on right diagonal, recover onto RF
- 5-6 Rock LF forward on left diagonal, recover onto RF
- 7&8 Cross step LF behind RF, step RF to right side, cross step LF over RF

Please refer to our video demo for the arms movements. ENJOY THE DANCE!

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