Saltwater Power

拍数: 48

级数: Improver

编舞者: Carol Cotherman (USA) - June 2021

音乐: Saltwater Gospel - Eli Young Band

*This dance is dedicated to Billie Sue for her love of the ocean!

#16-count intro. 2 restarts after 32 counts on Walls 5 & 6

1/4 Turn, Touch, 1/4 Turn, Scuff, Triple Step, Rock, Recover

- ¹/₄ Turn right stepping right to side, touch left by right (look over right shoulder to 6:00) 1-2
- 3-4 ¹/₄ Turn left stepping left forward, scuff right
- 5&6 Step right forward, step left by right, step right forward
- 7-8 Rock left forward, recover to right

*Optional arm movement on chorus lyrics, "I go down": On count 1, start an arc with right arm, pointer finger extended, sweeping up and around and ending pointing down toward right foot on count 2.

Back, Back, Reverse Rocking Chair, ¼ Triple Step

- 1-2 Step left back, step right back (with knee pops)
- 3-4 Rock left back, recover to right
- 5-6 Rock left forward, recover to right
- 7&8 1/4 Turn left stepping left, right, left (9:00)

Cross, Side, Rock Behind/Dip, Recover, Side, Behind, ¼ Turning Triple

- 1-2 Step right over left, step left to side
- 3-4 Rock right behind left with a dip, recover to left
- 5-6 Step right to side, step left behind right
- 1/4 Turn right stepping right forward, step left by right, step right forward 7&8

Step, ¼ Turn, Cross, Side, Rock Behind/Dip, Recover, ¼ Turning Triple

- 1-2 Step left forward, ¼ pivot turn right taking weight to right
- 3-4 Step left over right, step right to side (3:00)
- 5-6 Rock left behind right with a dip, recover to right
- 7&8 1/4Turning triple right stepping left, right, left (done almost on the spot with slight backward movement) (6:00)

*Restarts here on walls 5 & 6

Back, Point, Back, Point, Rock, Recover, Triple Step

- 1-2 Step right back slightly behind left, point left to side
- 3-4 Step left back slightly behind right, point right to side
- 5-6 Rock right back, recover to left
- 7&8 Triple step forward stepping right, left, right

Rocking Chair, Step, ½ Pivot Turn, ¼ Turning Triple

- 1-2 Rock left forward, recover to right
- 3-4 Rock left back, recover to right
- 5-6 Step left forward, 1/2 pivot turn right taking weight to right
- 7&8 1/4 Turning triple step right stepping left, right, left (done almost on the spot with slight backward movement) (3:00)

Ending: Final Wall 8 starts facing 3:00. Dance through count 22. Change the 1/4

Turning triple on counts 23 & 24 to: 23 - Step right to side 24 - Step left over right. Tada!





墙数:4