Seven Seas

拍数: 32	墙数: 0	级数:
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音乐: Sailing On The Seven Seas - Ruan De Waal		

Step change + restart on wall 9 facing (9'0clock

Travelling forward

Kick ball step, kick ball step, kick, touch, unwind, step

1 & 2.	Kick right ft forward, step on ball of right ft, stepping forward on to left ft
3 & 4.	Kick right ft forward, step on ball of right ft, stepping forward on to left ft
5,	Kick right ft forward,
6,	Touch right ft behind,
7,	Unwind 1/2 turn over right shoulder, placing weight on to right ft
8,	Step on to left ft to the left forward of right ft

Behind, out, out, behind, ball heal, ball cross, step 1/4 turn stomp

1,	Step behind left with right ft
2,	Step out to the left with left ft
3,	Step out to the right with right ft
4,	Step behind right ft with left ft
&5,	Step back on right foot, placing left heel in front of left heel forward
&6,	Step back behind right ft on ball of left foot, crossing right ft over left ft
&7,	stepping back on to ball of right ft, step to the left on to left ft
8,	stomping 1/4 right onto right ft

Stomp step, cross back heel, and stomp stomp, sailor 1/2 turn

1,	stomp left beside right ft
2,	step left ft to left side
3&4&	cross right ft over left ft, step back on to left, place right heel forward, stepping on to right ft,
5,	stomp right ft in place
6,	stomp left ft beside right ft
7&8,	swing left ft behind right ft, starting half turn, step on to ball of right ft, finish half turn, stepping slightly forward on to left ft

K step with claps

1,	step diagonally forward on to right ft
2,	step left ft next to right ft with a clap
3,	step diagonally back on to left ft with clap
4,	step right ft next to left ft with clap
5,	step diagonally back on to right ft with clap
6,	step left ft next to right ft with clap
7,	step diagonally forward on to left ft with clap
8,	step right ft next to left ft

Additional step or an count on wall nine facing 9 o'clock
After 16 counts step left foot next right for a restart,