By The Sea

拍数: 32 **墙数:** 4 **级数:** Beginner
编舞者: Rita Masur (CAN)
音乐: Na Mara - The Borderers

CROSS, STEP, SAILOR STEP

1-2	Right foot cross-step over left foot, left foot step to side
3&4	Right foot sailor step (right foot step behind left foot, left foot step to side, right foot step to side)

CROSS, STEP, SAILOR STEP

1-2	Left foot cross-step over right foot, right foot step to side
3&4	Left foot sailor step (left foot step behind right foot, right foot step to side, left foot step to side)

FORWARD STEP, CROSS STEP, STEP BACK, STEP BACK, CROSS STEP, STEP BACK, STEP ¼ TURN RIGHT, STEP TOGETHER

1-2	Right foot step forward, left foot cross-step over right foot
3-4	Right foot step back, left foot step back "traveling past" right foot
5-6	Right foot cross-step over left foot, left foot step back
7-8	Right foot step ¼ turn right, left foot step beside right foot

ROCK, RECOVER, TRIPLE STEPS

1-2	Right foot cross-rock forward, recover on left foot
3&4	Triple step in place (right-left-right)
5-6	Left foot cross-rock forward, recover on right foot
7&8	Triple step in place (left-right-left)

½ TURNING SHUFFLE LEFT, ROCK STEP BACK, RECOVER, ½ TURNING SHUFFLE RIGHT, STEP BACK, STEP TOGETHER

1&2	Shuffle forward on right foot starting ½ turn to the left (right-left-right)
3-4	Rock step back on left foot, rock forward onto right foot (weight on right foot)
5&6	Shuffle forward on left foot starting ½ turn to the right (left-right-left)
7-8	Step back on right foot, step left foot beside right foot (weight on left foot)

REPEAT