拍数： 96
壇数： 4
级数：Intermediate
编舞者：Lasse Appelquist（DK）－March 2014
音乐：Sea Cruise－Frankie Ford ：（CD：Rock＇n＇Roll Drive In， 50 Original Recordings－ Remastered－iTunes）

Intro：8＋32 counts．Weight on left foot．Start on vocal．
Section 1：$\square$ R step $1 / 2$ turn $L \times 2, R$ step touch，$L$ step touch
1－2 Step fwd $R$ ，turn $1 / 2 L$ step fwd $L$
3－4 Step fwd $R$ ，turn $1 / 2 L$ step fwd $L$
5－6 Step $R$ to $R$ side，touch $L$ next to $R$
7－8 Step $L$ to $L$ side，touch $R$ next to $L$
Section 2：पChange weight to $R, R$ weave，$L$ cross shuffle $R, R$ step touch
\＆1－2 Change weight from $L$ to $R(\&)$ ，cross $L$ over $R$ ，step $R$ to $R$ side
3－4 Step $L$ behind $R$ ，step $R$ to $R$ side
5 \＆ $6 \quad$ Cross $L$ over $R$ ，step $R$ to $R$ side，cross $L$ over $R$
7－8 Step $R$ to $R$ side，touch $L$ next to $R$
Section 3：पChange weight to $L$ ，$L$ weave， $1 / 4$ turn $L$ ，shuffle $1 / 2$ turn $L, 1 / 4$ turn $L, R$ touch
\＆－ 2 Change weight from $R$ to $L(\&)$ ，cross $R$ over $L$ ，step $L$ to $L$ side
3－4 Step $R$ behind $L$ ，turn $1 / 4 L$ stepping fwd on $L$
5 \＆ $6 \quad$ Turn $1 / 4 L$ stepping $R$ to $R$ side，step $L$ next to $R$ ，turn $1 / 4 L$ stepping back on $R$
7－8 Turn $1 / 4 L$ stepping $L$ to $L$ side，touch $R$ next to $L$
Section 4：$\square R$ side chasse，$L$ back rock， $1 / 4$ turn $R, 1 / 4$ turn $R$
1 \＆ 2 Step $R$ to $R$ side，step $L$ next to $R$ ，step $R$ to $R$ side
3－4 Rock back on $L$ ，recover on $R$
5－6 Turn $1 / 4 R$ stepping back on $L$ ，touch $R$ next to $L$
7－8 Turn $1 / 4 R$ stepping $R$ to $R$ side，step $L$ next to $R$（weight on $L$ ）（6．00）
Section 5：$\square R$ Monterey $1 / 4$ turn $\times 2$
1－2 Point $R$ toe to $R$ side，turn $1 / 4 R$ stepping $R$ next to $L$
3－4 Point $L$ toe to $L$ side，step $L$ next to $R$
5－8 Repeat 1－4（12．00）

## Section 6：$\square$ R reverse rhumba box with $1 / 4$ turn

1－2 Step $R$ to $R$ side，step $L$ next to $R$
3－4 Step back on $R$ ，touch $L$ next to $R$
5－6 Step $L$ to $L$ side，step $R$ next to $L$
7 － $8 \quad$ Turn $1 / 4 L$ stepping fwd on $L$ ，touch $R$ next to $L$（3．00）
Section 7：$\square R$ reverse rhumba box
1－2 Step $R$ to $R$ side，step $L$ next to $R$
3－4 Step back on $R$ ，touch $L$ next to $R$
5－6 Step $L$ to $L$ side，step $R$ next to $L$
7－8 Step fwd on $L$ ，touch $R$ next to $L$
Section 8：$\square R$ shuffle fwd，$L$ shuffle fwd，$R$ rocking chair
1 \＆ $2 \quad$ Step fwd $R$ ，step $L$ next to $R$ ，step fwd $R$
3 \＆ $4 \quad$ Step fwd $L$ ，step $R$ next to $L$ ，step fwd $L$
5－6 Rock fwd on R，recover on $L$

7-8 Rock back on R, recover on $L$
Section 9: $\square R$ grapevine, shuffle $1 / 4$ turn $L$, $L$ back rock
1-2 Step $R$ to $R$ side, cross $L$ behind $R$
3-4 Step $R$ to $R$ side, cross $L$ over $R$
5 \& $6 \quad$ Step $R$ to $R$ side, step $L$ next to $R$, turn $1 / 4 L$ stepping back on $R$ (12.00)
7-8 Rock back on L, recover on R
Section 10: $\square$ Shuffle $1 / 2$ turn $R, R$ back rock, $R$ grapevine
1 \& $2 \quad$ Turn $1 / 4 R$ stepping $L$ to $L$ side, step $R$ next to $L$, turn $1 / 4 R$ stepping back on $L$ (6.00)
3-4 Rock back on $R$, recover on $L$
5-6 Step $R$ to $R$ side, cross $L$ behind $R$
7-8 Step $R$ to $R$ side, cross $L$ over $R$

Section 11: $\square R$ side rock, $R$ cross shuffle $L$, $L$ grapevine with $1 / 4$ turn $L, R$ touch
1-2 Rock $R$ to $R$ side, recover on $L$
3 \& $4 \quad$ Cross $R$ over $L$, step $L$ to $L$ side, cross $R$ over $L$
5-6 Step $L$ to $L$ side, cross $R$ behind $L$
7 - $8 \quad$ Turn $1 / 4 L$ stepping fwd on $L$, touch $R$ next to $L$ (9.00)
Section 12: $\square R$ side chasse, $L$ back rock, $L$ side chasse, $R$ back rock,
1 \& $2 \quad$ Step $R$ to $R$ side, step $L$ next to $R$, step $R$ to $R$ side
3-4 Rock back on $L$, recover on $R$
5 \& $6 \quad$ Step $L$ to $L$ side, step $R$ next to $L$, step $L$ to $L$ side
7-8 Rock back on R, recover on L

```
Ending: \(\square\) Start wall 4 with section 5 and dance the sections \(5-9\) followed by
Section 10: \(\square\) Shuffle \(1 / 2\) turn \(R, 1 / 4\) turn \(R\)
1 \& \(2 \quad\) Turn \(1 / 4 R\) stepping \(L\) to \(L\) side, step \(R\) next to \(L\), turn \(1 / 4 R\) stepping back on \(L\)
3-4 Turn \(1 / 4 R\) stepping \(R\) to \(R\) side, step \(L\) next to \(R(12.00)\)
```


## Contact: lasseappelquist@gmail.com

