Wellerman's Jig

拍數: 32　　　　**牆數:** 2　　　　**級數:** Beginner

編舞者: Marlene Elliott (CAN) - July 2023

音樂: Wellerman (Sea Shanty) - Nathan Evans

或: Rolling in the Deep - Adele

Alternate Music: Rolling in the Deep by Adele

This dance can also be done in contra.

SIDE ROCK STEP RIGHT & LEFT X4

1,2&	Step RF to right side, rock back on LF & recover on RF
3 ,4&	Step LF to Left side, rock back on RF & Recover on LF
5,6&	Repeat (1,2&)
7,8&	Repeat (3,4&)

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, SHUFFLE FORWARD RIGHT, STEP ½ TURN RIGHT

1&2	Step R forward, step L behind R, step forward on R
3&4	Step L forward, step R behind L, step forward L
5&6	Repeat (1&2)
7-8	Step forward d on L, turn ½ R

FORWARD ROCK L, L COASTER STEP, FORWARD ROCK R, R COASTER STEP

1-2	Rock L forward & recover on R
3&4	Step back on L, Bring R next to L, step forward on L
5-6	Rock R forward & recover on L
7&8	Step back on R, (&)Bring L next to R, Step forward on R

HALF TURN RIGHT, HALF TURN RIGHT,ROCK RECOVER , COASTER STEP

1-2	Step forward on L and turn ½ Right
3-4	Step forward on L and turn ½ Right
5-6	Rock forward on L, recover on Right
7&8	Step back on L, (&)bring R next to L, step forward on L

Start Over

No Tags, No Restarts
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