

# Seven Seas

拍數: 32      牆數: 0      級數:  
編舞者: John Read (IRE) - June 2025  
音樂: Sailing On The Seven Seas - Ruan De Waal



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

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 heal, 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,**