Sea Shells (P)

拍數: 32

級數: Intermediate Parner / Circle

編舞者: Dan Albro (USA) - October 2011

音樂: Blue Night - Michael Learns to Rock: (CD: 19 Love Ballads / Blue Night)

Alt music: Jumpin The Jetty by Coastline [CD: Sneakin' Out Back]

Intro: 32 counts. - Position: Side by Side position facing LOD, same footwork except where noted

Choreographed for "Dance Across The Seas" Cruise to the Bahamas May 2011

SHUFFLE FORWARD, SHUFFLE FORWARD, ½ TURN SHUFFLE SIDE, ½ TURN SHUFFLE SIDE

- 1&2-3&4 Chassé forward right, left, right, chassé forward left, right, left
- 5&6 Turn ¼ left and step right to side (ILOD), step left together, turn ¼ left and step right back
- 7&8 Turn ¼ left and step left to side (OLOD), step right together, step left to side

Drop lady's left hand on count 5 and bring right hands over lady's head.

Pick up left hands and release right hands on count 6 and bring left hands over lady's head on count 7.

WEAVE, ROCK, REPLACE, ¼ SHUFFLE FORWARD

- 1-2-3-4 Cross right over left, step left to side, cross right behind left, step left to side
- 5-6 Cross/rock right over left, recover to left
- 7&8 Turn ¼ right and step right forward, step left together, step right forward

MAN: ½ PIVOT, ROCKING CHAIR, ¼ TURN REPLACE, STEP SIDE, STEP TOGETHER / LADY: ½ PIVOT, 1/2 PIVOT, ROCK, 1/4 TURN REPLACE, STEP SIDE, STEP TOGETHER

- 1-2-3-4 MAN: Step left forward, turn 1/2 right (weight on right), rock left forward, recover to right
- 1-2-3-4 LADY: Step left forward, turn 1/2 right (weight on right), step left forward, turn 1/2 right (weight on right)
- 5-6-7-8 MAN: Rock left back, recover to right, turn 1/4 right and step left to side, step right together

LADY: Step left forward, turn 1/4 left (weight to right), step left to side, step right together 5-6-7-8

Drop left hands, bring right hands over man's head on count 1, bring right hands over lady's head on count 4, pick up left hands on count 7 facing OLOD

RHUMBA BOX, SHUFFLE FORWARD ¼ TURN

- 1-2-3-4 Step left forward, touch right together, step right to side, step left together
- 5-6 Step right back, touch left together
- 7&8 Step left to side, step right together, turn ¹/₄ left and step left forward (LOD)

REPEAT





牆數: 0