

Seven Seas

Choreographer: Rob Fowler (UK)

<http://robfowler.mastersinline.com>

December, 2007

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| Level: | 32 counts. 4 walls. Beginner |
| Music: | 'Pirate of the 7 Seas' by Rick Guard, 160 bpm Album: 'Stop It & Dance!'. Buy on: http://www.linermedia.com/ |
| Intro: | 64 counts from first beat, 25 seconds into track |

| Counts | Footwork | End facing |
|------------------|--|-------------------|
| Section 1 | Toe Strut R, L, R, L | |
| 1 - 2 | Step right toe forward. Drop right heel taking weight. | 12:00 |
| 3 - 4 | Step left toe forward. Drop left heel taking weight, | |
| 5 - 6 | Step right toe forward. Drop right heel taking weight. | |
| 7 - 8 | Step left toe forward. Drop left heel taking weight, | |
| Section 2 | Out, Out, Cross and rotate arms | |
| 1 - 2 | Step diagonal forward on R. Step diagonal forward on L. | 12:00 |
| 3 - 4 | Clap R hand on your back, clap L hand on your back. | |
| 5 | Put the R arm in front of your chest i a 45 degrees angel to the left | |
| 6 | Cross the L arm between your R arm and your chest i a 45 degrees angel to the right. | |
| 7 - 8 | Rotate both arms, forward, down and back in front (take your arms down again) | |
| Section 3 | Strutting Jazz Box Step With 1/4 Turn Right. | |
| 1 - 2 | Cross right toe over left. Drop right heel taking weight. | 12:00 |
| 3 - 4 | Touch left toe back. Drop left heel taking weight. | |
| 5 - 6 | Turn 1/4 right touching right toe to right side. Drop right heel taking weight. | 3:00 |
| 7 - 8 | Touch left toe beside right. Drop left heel taking weight. | |
| Section 4 | Heel taps Right, Heel taps Left | |
| & | Touch Right toe forward on a Right diagonal | |
| 1 - 4 | Tap Right heel to floor 4 times. Optional: Put your left hand and shoulder forward on count 1, and move slowly your arm and shoulders back to 'neutral' on count 1 to 4 | |
| & | Take weight on Right, Touch Left toe forward on a Left diagonal | |
| 5 - 8 | Tap Left heel to floor 4 times. Optional: Put your right hand and shoulder forward on count 5, and move slowly your arm and shoulders back to 'neutral' on count 5 to 8 | |
| & | Take weight on Left. | 3:00 |

BEGIN AGAIN!