

## **Seven Seas**

## **BEGINNER**

32 Count 4 Walls Choreographed by: Rob Fowler Choreographed to: Pirate Of The 7 Seas by Rick Guard

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Section 1 1 - 2 3 - 4 5 - 6 7 - 8	Toe Strut R, L, R, L Step right toe forward. Drop right heel taking weight. Step left toe forward. Drop left heel taking weight. Step right toe forward. Drop right heel taking weight. Step left toe forward. Drop left heel taking weight.
<b>Section 2</b> 1 - 2 3 - 4 5 6 7 - 8	Out, Out, Cross and rotate arms  Step diagonal forward on R. Step diagonal forward on L.  Clap R hand on your back, clap L hand on your back.  Put the R arm in front of your chest i a 45 degrees angel to the left  Cross the L arm between your R arm and your chest i a 45 degrees angel to the right.  Rotate both arms, forward, down and back in front
	(take your arms down again)
<b>Section 3</b> 1 - 2 3 - 4 5 - 6 7 - 8	Strutting Jazz Box Step With 1/4 Turn Right.  Cross right toe over left. Drop right heel taking weight.  Touch left toe back. Drop left heel taking weight.  Turn 1/4 right touching right toe to right side. Drop right heel taking weight.  Touch left toe beside right. Drop left heel taking weight.
<b>Section 4</b> & 1 - 4	Heel taps Right, Heel taps Left Touch Right toe forward on a Right diagonal Tap Right heel to floor 4 times.
& 5 - 8	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  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.
	Begin again