

# SEVEN SEAS

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Rob Fowler (GB) (Dec 07)

**Music:** 'Pirate of the 7 Seas' by Rick Guard - Album: 'Stop It & Dance!'. (160bpm)

**Intro: 64 counts from first beat, 25 seconds into track**

## 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.
- 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.
- 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**