

# The Four Seas

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**Count:** 64      **Wall:** 4      **Level:** High Beginner

**Choreographer:** Kenny Teh - May 2020

**Music:** Cai Wei (🇨🇳 ) composer Zhang Qu (🇨🇳 )

## Start dance after 16 counts from first beat:

- 1 2 3 4 Skate forward Rf, skate forward Lf, skate forward Rf, hold
- 5 6 7 8 Step Lf forward, pivot ½ turn left onto Rf, ½ turn left on Lf, sweep Rf front to back
- 1 2 3 4 Cross Rf behind Lf, step Lf to left, cross Rf over Lf, hold
- 5 6 7 8 Recover Lf, step Rf to right, cross Lf over Rf, hold
- 1 2 3 4 Touch L toe beside, touch L toe to right, touch L toe beside, kick Rf diagonally right
- 5 6 7 8 Sweep Rf behind making a ¾ turn left stepping RLR, hold (9.00)
- 1 2 3 4 Sway/Rock LRLR
- 5 6 7 8 Sweep Lf behind making a 1/2 turn right stepping LRL, hold (3.00)

## Restart here on Wall 1 and 3

- 1 2 3 4 Cross Rf over Lf, step Lf to left, cross Rf over Lf, on ball of Rf make ½ turn right (9.00)
- 5 6 7 8 Cross Lf over Rf, step Rf to right, cross Lf over Rf, on ball of Lf make ½ turn left (3.00)
- 1 - 8 Making a full turn left walking RLR, hold LRL, hold
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- 1 2 3 4 Step Rf forward make a ¼ turn left while rotating shoulders RLRL (6.00)
- 5 6 7 8 Cross Lf over Rf, step Rf to right, cross Lf over Rf, hold
- 1 2 3 4 Make a full left turn stepping RLR, hold
- 5 6 7 8 Step Lf beside Rf, step Rf beside Lf, big step Lf to left, hold

## End of 5th Wall Tag - 4 count

- 1 2 3 4 Bend Lf turning body to diagonally right keeping L toe to right, pose and hold

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