

# La Mer

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**Count:** 72                      **Wall:** 1                      **Level:** Phrased Intermediate

**Choreographer:** Séverine Fillion (FR, January 2018)

**Music:** « Dès que le vent soufflera » par La Bande à Renaud (FR)

**Choreography written for my workshop in Deutschland (Eilenburg) on april 7th 2018 with The Feather Dancers**

**SEQUENCE : A B A B Tag A B A B Tag A B A(1-16, then slowly 17-32) B B**

**PART A: 48 COUNTS**

**A[1-8] STOMP, HOLD, STOMP, HOLD, STEP 1/2 TURN STEP, HOLD**

- 1-2            Stomp right fwd, Hold (Option : point both arms to the right, at shoulder height)
- 3-4            Stomp left fwd, Hold (Option : point both arms to the left, at shoulder height)
- 5-6            Right fwd, Turn 1/2 left 6 :00
- 7-8            Right fwd, Hold

**A[9-16] STOMP, HOLD, STOMP, HOLD, STEP 1/2 TURN STEP, HOLD**

- 1-2            Stomp left fwd, Hold (Option : point both arms to the left, at shoulder height)
- 3-4            Stomp right fwd, Hold (Option : point both arms to the right, at shoulder height)
- 5-6            Left fwd, Turn 1/2 right 12 :00
- 7-8            Left fwd, Hold

**A[17-24] TRIPLE FWD, ROCK FWD, TRIPLE 1/2 TURN, TRIPLE 1/2 TURN**

- 1&2            Triple step right - left - right fwd
- 3-4            Rock step left fwd, recover on right

**5&6½ turn left and triple step left - right - left fwd 6 :00**

**7&8½ turn left and triple step right - left - right backward 12 :00**

**A[25-32] COASTER STEP, SCUFF HITCH STOMP, HEEL & TOE SWITCHES**

- 1&2            Left step back, right next to left, left fwd
- 3&4            Scuff right, Hitch right knee & Scoot (little slide jump fwd on left), stomp right fwd
- 5&6&            Touch left heel fwd, recover on left, touch right toe just behind left, recover on right

7&8 Touch left heel fwd, recover on left, touch right toe just behind left

**A[33-40] ROCK FWD, TRIPLE FULL TURN, ROCK FWD, COASTER STEP**

**For this 16 next counts : put hands on waist**

1-2 Rock step right fwd, recover on left

3&4 Triple step right - left - right in place full turning right

5-6 Rock step left fwd, recover on right

7&8 Left step back, right next to left, left fwd

**A[41-48] HEEL SWITCHES, HEEL SPLIT, HEEL SWITCHES, STOMP, HOLD**

1&2& Touch right heel fwd, recover on right, Touch left heel fwd, recover on left

3 Right step fwd

&4 Swivel both heels outside, recover both heels to the center

& Recover on right next to left

5&6& Touch left heel fwd, recover on left, Touch right heel fwd, recover on right

7-8 Stomp left fwd, Hold (Option : Move Out arms along the body, Closed fists)

**PART B (Chorus)**

**B[1-8] TRIPLE STEP TO RIGHT, BACK ROCK, ROLLING VINE LEFT, TOUCH**

1&2 Triple step right - left - right to right side

3-4 Rock back on left, recover on right

5-8 Rolling vine to left, Touch right next to left

**B[9-16] STEP 1/4 TURN, KICK BALL CHANGE, STEP 1/4 TURN, KICK BALL CHANGE**

1-2 Right fwd, Turn 1/4 left 9 :00

3&4 Kick right fwd, right ball next to left, left in place

5-6 Right fwd, Turn 1/4 left 6 :00

7&8 Kick right fwd, right ball next to left, left in place

**B[17-24] STEP 1/2 TURN, FULL TURN, & DIAGONALLY TOUCH FWD, & DIAGONALLY TOUCH FWD**

1-2 Right fwd, Turn 1/2 left 12 :00

**3-4½ turn left stepping right back, ½ turn left stepping left fwd**

**&5-6** Little jump diagonally right fwd : Right fwd (&), Touch left next to right (5), Hold (6)

**Option : Snap both hands at shoulder height on count 5, get down arms on count 6**

**&7-8** Little jump diagonally left fwd : Left fwd (&), Touch right next to left (7), Hold (8)

**Option : Snap both hands at shoulder height on count 7, get down arms on count 8**

**TAG : 6 counts (with the oh, oh !)**

**&1-2** Little jump diagonally back (Right back, Touch left, Hold) + Snap

**&3-4** Little jump diagonally back (Left back, Touch right, Hold) + Snap

**&5-6** Little jump fwd in center (right fwd, left next to right, Hold) + Snap

**ATTENTION, on last PART A, dance normally the counts 1-16, then the music slows down, follow the music when you dance the counts 17-32. Then continue with the PART B on chorus « Dès que le vent soufflera... »**

**FINAL : Stomp right fwd with right hand on hat**

**HAVE FUN... & THANK YOU to the Feathers Dancers!**