

Sea Cruise

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Music: „Sea Cruise” - Ross Mitchell - Album: “Face The Music” or Download Casa Musica, 1:37 min.
Rhythm & Phase: JV, Phase IV +1(Neck Slide) +1(Chg Sds Undrm)
Timing: as noted - reflects actual weight changes
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: Intro – A – B – C – Amod – B(1-7, 16) – Cmod – End

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INTRODUCTION

1-4 WAIT 2 MEAS ; ; 2 SIDE TOUCHES ; APART, POINT, TOGETHER TO SCP, TOUCH ;

- 1-2 {Wait 2} In BFLY WALL w/ldft free wait ; Wait ;
3 {2 sd tchs} Stp sd L, tch R to L, stp sd R, tch L to R ;
4 {apt, pt, tog, tch} Stp apt L to OP FCG, pt fwd R twd ptr, rec R trng fc LOD, tch L to R to SCP LOD ;

PART A

1-4 SWIVEL WALK 4 ; KICK BALL CHANGE 2X ; 2 POINT STEPS TO FACE ; SIDE, TOUCH & RIGHT CHASSE ;

- 1 {swvl wlk 4} Staying SCP LOD & w/each stp plcg ft directly in front of the other
swvlg RF on R stp fwd L, swvlg LF on L stp fwd R, swvlg RF on R stp fwd L, swvlg LF on L stp fwd R ;
2 {kbchg 2x} Kick L fwd/take weight on ball of L ft, cl R to L, repeat this still in SCP LOD ;
3 {2 pt stps} In SCP LOD pt fwd L, step on L, pt fwd R look at ptr, step on R trng to CP WALL ;
4 {sd, tch, R chasse} Stp sd L, tch R to L, twd RLOD stp sd R/cl L, sd R ;

5-8 START PRETZEL TURN – DOUBLE ROCK – UNWIND – ROCK, RECOVER ; ; ;

- 5-8 {prtzl trn w/dbl rk} Rk bk L to SCP, rec R to fc ptr, sd L/cl R, sd L trng ½ RF (W LF) to Bk-Bk pos
w/ldhnds jnd ; Sd R/cl L, sd R trng RF (W LF) nearly to fc LOD w/ldhnds still jnd bhnd back,
rk fwd L twd LOD w/trlhnds extended twd LOD, rec bk R ;
Rk fwd L twd LOD w/trlhnds extended twd LOD, rec bk R trng LF (W RF) to Bk-Bk pos,
Sd L/cl R, sd L trng LF (W RF) to fc ptr ; Sd R/cl L, sd R to CP WALL,
{rk, rec} Rk bk to SCP LOD, rec fwd R ;

PART B

1-4 2 FORWARD TRIPLES TO FACE ; SIDE, TOUCH & RIGHT CHASSE ; NECK SLIDE FACE LOD ; ;

- 1 {2 fwd trpls} In SCP LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R to fc ptr & WALL ;
2 {sd, tch, R chasse} Repeat meas 4 of Part A to BFLY WALL ;
3-4 {neck sld} Both hnds jnd rk apt L, rec R raisg jnd hnds over ptrs' heads, fwd L/cl R, fwd L to ptr's R sd ;
Wheelg ½ RF fwd R, fwd L release hndhold plcg R hnd on ptr's R shldr,
keep wheelg RF fwd R/cl L, fwd R slidg apt w/R hnd moving down ptr's arm to HNDSHK LOD ;
(W with both hnds jnd rk apt R, rec L raisg jnd hnds over ptrs' heads, fwd R/cl L, fwd R to ptr's R sd ;
Wheelg ½ RF fwd L, fwd R release hndhold plcg R hnd on ptr's R shldr,
keep wheelg RF fwd L/cl R, fwd L slidg apt w/R hnd moving down ptr's arm to HNDSHK LOD ;)

5-7 CHANGE SIDES UNDERARM – LINK ROCK FACE COH ; ; ;

- 5-7 {chg sds undrm} In HNDSHK LOD rk apt L, rec fwd R, trng RF to fc RLOD sd & fwd L/cl R, sd & bk L
leadg W to trn LF undr jnd R hnds ; Fcg RLOD & plcg W's R hnd in M's L hnd sd R/cl L, sd R,
(W rk apt R, rec L, trng LF undr jnd R hnds fwd R/cl L, fwd R to fc ptr ; Sd L/cl R, sd L to LOP FCG,)
{link rk} Rk apt L, rec R ; Sm tog L/R, L to CP, trng ¼ RF over next 3 stps sd R/cl L, sd R to CP COH ;

8-12 CHANGE PLACES RIGHT TO LEFT – CHANGE PLACES LEFT TO RIGHT ; ; ; NECK SLIDE ; ;

- 8-10 {chg plcs R-L} In CP COH rk bk L to SCP RLOD, rec R to fc ptr, sd L/cl R, sd L start trng LF & leadg W
to trn RF undr jnd ldhnds ; Sd & fwd R/cl L, sd R to LOP FCG RLOD,
(W rk bk R to SCP, rec L to fc, sd R/cl L, fwd R start trng RF undr jnd ldhnds,
cont trng RF sd & bk L/cl R, sd & bk L to fc ptr ;)
{chg plcs L-R} In LOP FCG RLOD rk apt L, rec R, leadg W to trn LF undr jnd ldhnds trng RF
nearly in plc sm stp sd L/cl R, sd L ; Sd R/cl L, sd R to LOP M fcg ptr & COH,
(W rk apt R, rec L, trng LF undr jnd ldhnds fwd R/cl L, fwd R to fc ptr ; Sd L/cl R, sd L to LOP FCG,)
11-12 {neck sld} Blendg to BFLY COH repeat meas 3-4 of Part B to end HNDSHK fcg RLOD ; ;

- 13-16 CHANGE SIDES UNDERARM – LINK ROCK FACE WALL ;;; ROCK, RECOVER, SIDE, CLOSE TO BFLY :**
- 13-15 {chg sds undrm} In HND SHK RLOD rk apt L, rec fwd R, trng RF to fc LOD sd & fwd L/cl R, sd & bk L leadg W to trn LF undr jnd R hnds ; Fcg LOD & plcg W's R hnd in M's L hnd sd R/cl L, sd R, (W rk apt R, rec L, trng LF undr jnd R hnds fwd R/cl L, fwd R to fc ptr ; Sd L/cl R, sd L to LOP FCG,) {link rk} Rk apt L, rec R ; Sm tog L/R, L to CP, trng ¼ RF over next 3 stps sd R/cl L, sd R to CP WALL ;
- 16 {rk, rec, sd, cl} In CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L, cl R to BFLY WALL ;
- note:* 2nd time through meas 16 of Part B is danced fcg COH

PART C

1-6 WINDMILL – 2X ;;; SPANISH ARMS – 2X ;;;

- 1-3 {windmill 2x} In BFLY WALL rk apt L, rec R start trng LF, cont trng fwd L Xif/cl R, fwd L ; Sd R trng LF/cl L, sd R compl ½ LF trn to BFLY COH, rk apt L, rec R start trng LF ; Cont trng fwd L Xif/cl R, fwd L, sd R trng LF/cl L, sd R compl ½ LF trn to BFLY WALL ;
- 4-6 {span arms 2x} In BFLY WALL rk apt L, rec R trng RF, almost in place stp sd L/cl R, sd L cont trng RF leadg W to trn LF undr jnd ldhnds into a momentary WRP w/ldhnds still high ; Stp sd R/cl L, sd R immediately leadg W to trn RF endg in BFLY COH, rk apt L, rec R trng RF ; Almost in place stp sd L/cl R, sd L cont trng RF leadg W to trn LF undr jnd ldhnds into a momentary WRP w/ldhnds still high, stp sd R/cl L, sd R immediately leadg W to trn RF endg in BFLY WALL ; (W rk bk R, rec L trng ¼ LF, sd R/cl L, sd R trng ¾ RF ; Sd L/cl R, sd L to BFLY COH, rk bk R, rec L trng ¼ LF ; Sd R/cl L, sd R trng ¾ RF, sd L/cl R, sd L to BFLY WALL ;)

7-8 DOUBLE ROCK ; 2 FORWARD TRIPLES :

- 7 {dbl rk} Blendg to CP WALL rk bk L to SCP LOD, rec fwd R, rk bk L, rec fwd R still in SCP LOD ;
- 8 {2 fwd trpls} Repeat meas 1 of Part B but end SCP LOD ;

PART A MOD

1-4 SWIVEL WALK 4 ; KICK BALL CHANGE 2X ; 2 POINT STEPS TO FACE ; SIDE, TOUCH & RIGHT CHASSE :

Repeat meas 1-4 of Part A ; ; ;

5-8 PRETZEL TURN ;;; ROCK, RECOVER, POINT FORWARD, - :

- 5-7 {prtzl trn} Rk bk L to SCP, rec R to fc ptr, sd L/cl R, sd L trng ½ RF (W LF) to Bk-Bk pos w/ldhnds jnd ; Sd R/cl L, sd R trng RF (W LF) nearly to fc LOD w/ldhnds still jnd bhnd back, rk fwd L twd LOD w/trlhnds extended twd LOD, rec bk R trng LF (W RF) to Bk-Bk pos ; Sd L/cl R, sd L trng LF (W RF) to fc ptr, sd R/cl L, sd R to CP WALL ;
- 8 {rk, rec, pt} Rk bk L to SCP LOD, rec fwd R, pt fwd L twd LOD still in SCP LOD, - ;

PART C MOD

1-6 WINDMILL – 2X ;;; SPANISH ARMS – AMERICAN SPIN TO BFLY ;;;

- 1-3 Blendg to BFLY COH repeat meas 1-3 of Part C to end BFLY COH ; ; ;
- 4-6 {span arms} In BFLY COH rk apt L, rec R trng RF, almost in place stp sd L/cl R, sd L cont trng RF leadg W to trn LF undr jnd ldhnds into a momentary WRP w/ldhnds still high ; Stp sd R/cl L, sd R immediately leadg W to trn RF endg in BFLY WALL, (W rk bk R, rec L trng ¼ LF, sd R/cl L, sd R trng ¾ RF ; Sd L/cl R, sd L to BFLY WALL,) {amer spn} Rk apt L to LOP FCG, rec fwd R ; Sm sd L/cl R, sd L leading W to spin RF, sd R/cl L, sd R to BFLY WALL ; (W rk apt R, rec fwd L ; Sm sd R/cl L, sd R spinning RF on last stp, sd L/cl R, sd L ;)

7-8 PROGRESSIVE ROCK 4 ; CHASSE LEFT & RIGHT :

- 7 {prog rk 4} In BFLY WALL progressing down LOD rk apt L, XRif, rk apt L, XRif ;
- 8 {chasse L & R} Stp sd L/cl R, sd L, twd RLOD sd R/cl L, sd R still in BFLY WALL ;

ENDING

1-6 WINDMILL – 2X ;;; SPANISH ARMS – 2X ;;;

Repeat meas 1-6 of Part C ; ; ; ; ;

7-8 PROGRESSIVE ROCK 6 & POINT SIDE ;:

- 7-8 {prog rk 6 & pt sd} In BFLY WALL progressing down LOD rk apt L, XRif, rk apt L, XRif ; Rk apt L, XRif, pt L ft sd twd LOD, - ;

Suggested Cues:

- Intro In BFLY WALL wait 2 meas;; 2 Sd Tch; Apt, Pt, SCP, Tch;
- A Swvl Walk 4; Kick Ball Chg 2x; 2 Pt Stps to Fc; Sd, Tch, R Chasse;
Pretzel Trn;;; w/Dbl Rk; Unwind; Rk, Rec,
- B 2 Fwd Triples to Fc; Sd, Tch & R Chasse BFLY; Neck Slide to HNDSHK LOD;;
Chg Sds Undrm to LOP FCG RLOD – Link Rk COH;;;
Chg R to L – L to R to BFLY COH;;; Neck Slide to HNDSHK RLOD;;
Chg Sds Undrm to LOP FCG LOD – Link Rk WALL;;; Rk, Rec, Sd, Cl BFLY;
- C Windmill – 2x;;; Span Arms – 2x to CP;;;
Dbl Rk; 2 Fwd Triples;
- Amod Swvl Walk 4; Kick Ball Chg 2x; 2 Pt Stps to Fc; Sd, Tch, R Chasse;
Pretzel Trn;;; Rk, Rec, Pt Fwd, - ;
- B1-7,16 2 Fwd Triples to Fc; Sd, Tch & R Chasse BFLY; Neck Slide to HNDSHK LOD;;
Chg Sds Undrm to LOP FCG RLOD – Link Rk COH;;; Rk, Rec, Sd, Cl BFLY COH;
- Cmod Windmill – 2x;;; Span Arms (WALL) – Amer Spin to BFLY;;;
Prog Rk 4; Chasse L & R;
- End Windmill – 2x;;; Span Arms – 2x to BFLY;;;
Prog Rk 6 – Pt Sd;;