

Sea Cruise

Gründer, Jan. 2025

JV IV+1+1 (Neck Slide, Chg Sds Undrm)

Ross Mitchell, Album: Face The Music

Casa Musica

1:37 min.

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,** = **JV Walks to Fc;,,**

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 RLOD – 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;

C0.38 Windmill – 2x;;; Span Arms – 2x to CP;;;
Dbl Rk; 2 Fwd Triples;

Amod0.49 ;;;; Pretzel Trn;;; Rk, Rec, Pt Fwd, - ;

B***^{1-7 + 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;

Cmod1.12 Windmill – 2x;;; Span Arms WALL – Amer Spin to BFLY;;;
Prog Rk 4; Chasse L & R;

End1.23 Windmill – 2x;;; Span Arms – 2x to BFLY;;;
Prog Rk 6 – Pt Sd;;