La Mer

Count: 72 **Wall:** 1 **Level:** Phrased Intermediate
Choreographer: Séverine Fillion (FR) - January 2018
Music: Dès Que Le Vent Soufflera - Renaud

Choreography written for my workshop in Deutchland (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&6	½ turn left and triple step left – right – left fwd 6 :00
7&8	½ 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 righ – 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
3-4 ½ 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!