

## Lady Of The Sea

32 count, 4 wall, intermediate level

Choreographer: Michael Lynn (UK) Nov 2007

Choreographed to: Lady Of The Sea by

Seth Lakeman (130 bpm)

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24 count intro

### **CROSS SIDE, HOP HOP HOP, BEHIND SIDE HEEL, BEHIND SIDE HEEL**

- 1-2 Cross left over right, step right to right side,  
&3&4 Hop left to left side, touch right beside left, hop right to right side, touch left beside right,  
& Step left to left side,  
5&6 Cross right behind left, step left to left side, dig right heel to right diagonal,  
&7&8 Step weight onto right, cross left over right, step right to right side, dig left heel to left diag.

### **STEP, ROCK RECOVER, ¾ TRIPLE TURN, TWIST TWIST, STEP TOUCHES**

- &1-2 Step weight onto left, rock forward right, recover weight back onto left,  
3&4 ¾ triple turn, stepping - right, left, right,  
5-6 Twist ½ left, twist, ½ right,  
7&8& Step forward right, tap left next to right heel, step left back, tap right toe over left.

### **RIGHT LOCKSTEP, KICK TWIST HITCH, WEAWE, SWITCHES**

- 1&2 Step forward right, lock left behind right, step forward right,  
3-4 Kick left foot, twist 1/2 left & hitch,

**RESTART** dance from beginning at this point on Wall 5

- 5&6 Cross left behind right, step right to right side, cross left over right,  
7&8& Touch right to right side, step right beside left, touch left to left side, step left beside right.

### **TOUCH HITCH STEP, STEP PIVOT 1/2, PENGUIN WALKS, HOLD BANG HEELS x2**

- 1&2 Touch forward right, hitch right, step forward right,  
3-4 Step forward left, pivot 1/2 turn right,  
5&6& Step forward onto left heel, step forward onto right heel, step back left toe, step back right toe,  
7&8 Hold count 7, bang both heels together x2 (keeping weight on right).

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Music download available from iTunes

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