

# Wellerman's CD

**Choreographer:** Arne Stakkestad

**Level:** Improver Contra

**Count:** 48

**Wall:** 0

**Intro:** 4 counts

**Music:** "Wellerman (Sea Shanty)" by Nathan Evans



[www.country-stafke.be](http://www.country-stafke.be)

**\*\*2 Rows, partners facing each other with 1,5 meter distance**

## **Side Rock R, Recover, Behind, Side, Cross, Side Rock L, Recover, Behind, Side, Cross**

- 1-2 RF step and rock right side, recover weight on LF
- 3&4 RF cross behind LF, Lf step left side, RF cross in front of LF
- 5-6 LF step and rock left side, recover weight on RF
- 7&8 LF cross behind RF, Rf step right side, LF cross in front of RF

## **Touch And Heel And Touch And Heel (Traveling Right), Toe Switches, Heel Hitch Heel**

- 1&2 RF touch behind LF, RF step right side, LHeel touch in front of RF
- &3&4 LF step in front of LF, RF touch behind LF, RF step right side, LHeel touch in front of RF
- &5&6 LF step beside RF, RF touch right side, RF step beside LF, LF touch left side
- &7&8 LF step beside RF, RHeel touch diagonally right front, hitch RKnee, RHeel touch diagonally right front

## **Shuffles Forward R,L, Hip Bumps R,L**

- 1&2 RF step forward, LF step beside, RF step forward
- 3&4 LF step forward, RF step beside, LF step forward

## **Dancers now in 1 row**

- 5&6 RF step beside and bump hips right, left, right
- 7&8 LF step beside and bump hips left, right, left

## **Shuffles Forward R,L, Pivot, Stomps R,L**

- 1&2 RF step forward, LF step beside, RF step forward
- 3&4 LF step forward, RF step beside, LF step forward
- 5-6 RF step forward, ½ turn left on bal both feet and weight LF
- 7-8 RF stomp beside LF, LF stomp beside RF

## **Heel Jack R,L, Kick Ball Cross X2 (Traveling Right)**

- &1&2 RF step right side, LHeel touch diagonally left forw, return LF, return RF
- &3&4 LF step left side, RHeel touch diagonally right forw, Return RF, return LF
- 5&6 RF kick forward, RF step on ball beside LF, LF cross in front of RF
- 7&8 RF kick forward, RF step on ball beside LF, LF cross in front of RF

**Partners now in front of each other, 1,5 meter distance**

## **Side and shimmy, Brush, Brush R, L**

- 1-2 Step RF to R side, Shimmy Shoulders
- 3-4 Touch LF next to RF and Brush both hands backwards against side of thighs, Brush hands forward against side of thighs
- 5-6 Step LF to L side, Shimmy Shoulders
- 7-8 Touch RF next to LF and Brush both hands backwards against side of thighs, Brush hands forward against side of thighs

**Repeat**