

SONG OF THE SEASHORE

[Japanese Folk Song]



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Music : PEPE PDDM-0002 CD Track 4 e-mail : d-doi@tcp-ip.or.jp
 available from choreographer on MP3 file [free] or MD [at cost]
Rhythm : Bolero Phase V + 2 [Advanced Sliding Door, Rudolph Ronde]
Sequence : Intro - A - B - A - B - Ending **Speed** : 24 MPM
Timing : SQQ unless noted by side of measure **Footwork** : Opposite except where noted
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INTRO

1 - 4 WAIT;; TRN OUT & HIP RKS; TRN IN & HIP RKS;

- 1-2 {Wait} OP Fcg Pos fc Wall lead ft free wait 2 meas;;
 3 {Turn Out & Hip Rocks} Sd L trn 1/2 LF to Bk-To-Bk Pos keep trail hnds jnd,-, rk sd R with hip roll CW (W CCW), rec L with hip roll CCW (W CW);
 4 {Turn In & Hip Rocks} Sd R trn 1/2 RF to fc ptr & Wall,-, rk sd L with hip roll CCW (W CW), rec R with hip roll CW (W CCW);

PART A

1 - 8 SYNCO TRNG BASIC; SLO CONTRA CHK & REC; X BODY; CONTRA BRK; BK BL WKS w/ARM;; M SLIP W CHK TO SHAD SYNCO WHEEL;;

- SQ&Q 1 {Syncopated Turning Basic} Blend to CP sd & slightly fwd L (W sd R) rise with body trn RF,-, slip bk R flex knee trn LF/cont trn sd & fwd L to fc COH, sd & fwd R end CP COH;
 2 {Slow Contra Check & Recover} Comm upper body trn LF flex knees with strong right sd lead chk fwd L in CBMP look ptr (W look well left),-, extend, rec R;
 3 {Cross Body} Sd & bk L trn LF rise,-, slip bk R flex knee cont trn, fwd L cont trn to fc Wall jn R-R hnds (W sd & fwd R rise,-, fwd L XIF of M flex knee comm trn LF, bk R cont trn to fc ptr) end Hndshk Wall;
 4 {Contra Break} Sd & fwd R rise with right sd stretch,-, slip fwd L flex knee with right shoulder lead to contra check action, rec bk R (W sd & bk L rise with left sd stretch,-, slip bk R flex knee with left shoulder lead to contra check action, rec fwd L);
 5-6 {Back Bolero Walks With Arm} Bk L twd DLC rise release jnd R-R hnds and sweep CW jn L-L hnds,-, trn slightly RF bk R twd LOD flex knee, bk L; bk R rise release jnd L-L hnds and sweep CCW jn R-R hnds,-, bk L flex knee, bk R end Hndshk RLOD;
 7 {M Slip W Check} Trn LF to fc Wall sd L rise,-, release jnd R-R hnds & jn L-L hnds slip bk R, rec fwd L twd DLW (W fwd R rise,-, fwd L, fwd R trn slightly RF chkg) end Shadow DLW;
 SQ&Q 8 {Shadow Syncopated Wheel} Wheel RF fwd R,-, L/R, L (W bk L,-, R/L, R) end Shadow LOD;

9 - 16 ADV SLIDG DR w/LUNGE & SIT LINE;; START ADV SLIDG DR W SPIRAL TO FAN PREP;; FAN TO HCKY STICK;; OP R LUNGE REC SPIRAL TO FC; HIP RKS;

- 9-10 {Advamced Sliding Door With Lunge & Sit Line} Cont wheel RF fwd R twd DLW rise,-, fwd L twd Wall flex knee like press line with slight body trn RF look ptr, rec R trn bk (W bk L rise,-, bk R flex knee like sit line bring R arm up & bk, rec L); XLIB to fc DLW,-, sd & bk R lunge line extend R arm up palm out, rec L lower arm (W XRIF,-, sd & fwd L trn RF under L-L hnds in sit line pos extend R arm up palm out, rec R trn RF to fc Wall) end Shad Wall;

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- 11 {Start Advanced Sliding Door} Repeat meas 9 Part B;
12 {W Spiral To Fan Preparation} XLIB rise lead W to spiral LF, bk R flex knee, rec L
(W fwd R rise and spiral LF to fc LOD,-, fwd L flex knee, fwd R trn 1/2 LF);
13-14 {Fan To Hockey Stick} Sd & fwd R rise to Fan Pos,-, fwd L flex knee, rec bk R (W sd & bk L rise
remain R leg extended sd & fwd,-, cl R flex knee, fwd L); cl L rise,-, bk R flex knee, fwd L twd
DRW blend to CP (W fwd R rise,-, fwd L flex knee, fwd R trn LF to fc ptr) end CP DRW;
15 {Open Right Lunge Recover Spiral To Face} Sd & fwd R chkg and trn body LF to Open Right
Lunge Pos trail hnd around W’s waist lead hnd extended sd,-, rec L trn LF to OP LOD, fwd R
spiral LF to fc Wall (W sd & bk L trn body LF lead hnd around M’s waist trail hnd extended sd
leave R leg sd & fwd,-, rec R trn RF to fc LOD, fwd L spiral RF to fc ptr) end Low Bfly Wall;
16 {Hip Rocks} Rk sd L with hip roll CCW,-, rec R with hip roll CW, rec L with hip roll CCW;

PART B

**1 - 8 BRK BK TO HLF OP; M ACROSS; W ACROSS; FWD MANUV PVT;
RUDORPH & SYNCO REV TWIRL; NY; RIFF TRN; AIDA PREP;**

- 1 {Break Back To Half Open} Sd R rise,-, trn LF to Half OP LOD slip bk L flex knee, fwd R;
2 {M Across} Fwd L twd DLW across W trn RF to Left Half OP,-, fwd R, fwd L
(W fwd R rise,-, fwd L, R) end Left Half OP LOD;
3 {W Across} Fwd R rise,-, L, R (W fwd L twd DLW across M trn LF to Half OP,-, fwd R, L)
end Half OP LOD;
4 {Forward Maneuver Pivot} Fwd L rise,-, fwd R trn 1/2 RF blend to CP, bk L pivot 1/2 RF
(W fwd R rise,-, fwd L, fwd R pivot 1/2 RF) end CP LOD;
SQ&Q 5 {Rudolph Ronde & Syncopated Reverse Twirl} Cont trn RF fwd R between W’s feet lead W to
ronde R CW,-, XLIB momentary SCP LOD trn RF/cont trn sd R, XLIF
(W cont trn bk L ronde R CW,-, bk R in SCP comm trn LF under lnd lead hnds/fwd L cont trn,
bk L cont trn to fc ptr) end LOP Fcg Wall;
QQQQ 6 {New Yorker} Sd R rise trn RF,-, slip fwd L flex knee to LOP RLOD, bk R trn LF to fc ptr;
7 {Riff Turn} Sd L raise lead hnds to start W into right spin, cl R lead W to complete spin, sd L
keep lead hnds up, cl R (W sd & fwd R comm RF 1 full spin under jnd lead hnds, cont spin cl L,
sd & fwd L cont spin, complete second full spin cl L) end LOP Fcg Wall;
8 {Aida Preparation} Sd & fwd L to OP slight “V” Pos LOD rise,-, thru R flex knee trn RF (W LF),
sd L cont trn release trail hnds;

**9 - 16 AIDA LINE & HIP RKS; FWD SPIRAL FC; AIDA PREP; AIDA LINE &
SWITCH RK; SYNCO CHG SDs; OP BRK; RIGHT PASS; LUNGE BRK;**

- 9 {Aida Line & Hip Rocks} Trn RF (W LF) bk R rise to slight “V” Bk-To-Bk Pos RLOD trail hnds
up & out lead hnds fwd,-, rk sd L soft knee with hip roll, rec R;
10 {Forward Spiral Face} Fwd L twd RLOD rise,-, fwd R flex knee spiral LF 1 full trn, fwd L cont trn
to fc ptr end LOP Fcg Wall;
11 {Aida Preparation} Sd R rise to slight LOP “V” shape,-, thru L flex knee comm trn LF, sd R
cont trn to OP “V” Bk-To-Bk LOD;
12 {Aida Line & Switch Rock} Bk L in aida line,-, trn RF to fc ptr sd R chkg bring jnd hnds thru
blend to Bfly, rec L;
SQ&Q 13 {Syncopated Change Sides} Raise jnd lead hnds and passing behind W sd & fwd R trn LF to fc
LOD,-, fwd L/fwd R, fwd L cont trn to fc ptr & COH (W fwd L under jnd lead hnds trn RF,-,
fwd R/fwd L lower jnd hnds, fwd R cont trn to fc ptr) end LOP Fcg COH;
14 {Open Break} Sd & fwd R rise trail arm extended sd throughout,-, bk L flex knee, fwd R;
15 {Right Pass} Fwd & sd L comm trn RF raise lead hnds to create window,-, XRIB cont trn, fwd L
(W fwd R,-, fwd L comm trn LF, bk R cont trn under jnd lead hnds) end LOP Fcg Wall;

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- 16 {Lunge Break} Sd & fwd R rise,-, lower on R with slight RF body trn lead W to bk extended L ft sd & bk, rise on R with body trn bk (W sd & bk L rise,-, bk R with contra chk like action, rec fwd L);

REPEAT PART A

REPEAT PART B

END

1 - 6 X BODY; HALF MOON;; CONTRA BRK; SLO CUDDLE RKS;
LOWER & EXTEND ARMS;

- 1 {Cross Body} Repeat meas 3 Part A on opposite direction end Hndshk COH;
- 2-3 {Half Moon} Sd R comm trn RF with right side stretch to “V” shape twd ptr,-, cont trn slip fwd L shaping to ptr, rec bk R trn to fc ptr; trn 1/4 LF sd & fwd L with left side stretch,-, slip bk R, cont trn fwd L to fc ptr (W sd L comm trn LF with left side stretch,-, cont trn slip fwd R, rec bk L trn to fc ptr; trn 1/4 RF sd & fwd R raising left arm trn slightly away but looking at ptr,-, slip fwd L IF of M trn 1/2 LF, bk R cont trn to fc ptr) end Hndshk Wall;
- 4 {Contra Break} Repeat meas 4 Part A end Hndshk DRW;
- SS 5 {Slow Cuddle Rocks} Release R-R hnds sd & bk L twd DLC catch W to Cuddle Pos,-, rec R,- (W strong step fwd R into ptr draping arms over ptr,-, rec L,-);
- SS 6 {Lower & Extend Arms} Sd & bk L,- slowly bend L knee & both L arms extended sd & up (W sd & down),-;