**Sea Legs** (a.k.a. Meg’s Sea Legs)

Choreographed by Chris Cleevely (U.K)
Description: 32 count, 1 wall, beginner line dance
Music:
- **I’m From The Country** by Tracy Byrd [132 bpm ECS/WCS / I’m From The Country]
- **Mony Mony** by The Dean Brothers [141 bpm WCS / CD: Kiss Me Honey, Honey / CD: Simply The Best Linedancing Album]
Step sheet provided by Rose Haven, rose@atlantalinedance.com or 404.379.1213
For “extra” fun, try this dance “contra” with every 2 lines facing each other, and in “windows” to allow passing on 1st 8 counts

**WALK, WALK; ½ TURN LEFT; TOE STRUTS FORWARD**
1-2 Walk forward right, walk forward left,
3-4 Step forward on right and pivot ½ turn left (weight to left),
5-6 Touch right toe forward, drop right heel (taking weight to right),
7-8 Touch left toe forward, drop left heel (taking weight to left).

**REPEAT ABOVE 8 COUNTS**

**STEP FORWARD RIGHT, TOUCH, STEP BACK LEFT, TOUCH; STEP RIGHT SIDE, TOUCH, STEP LEFT SIDE, TOUCH**
1,2 Step forward on right, touch left toe next to right,
3,4 Step back on left, touch right toe next to left,
5,6 Step right to right side, touch left toe behind right or next to right,
7,8 Step left to left side, touch right toe behind left or next to left.

**RIGHT, TOGETHER, RIGHT, TOUCH; LEFT, TOGETHER, LEFT, TOUCH**
1,2 Step right to right side, step left next to right,
3,4 Step right to right side, touch left toe by right,
5,6 Step left to left side, step right next to left,
7,8 Step left to left side, touch right toe by left.

Repeat dance from the beginning!