

# 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@atlantalincedance.com](mailto:rose@atlantalincedance.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 1<sup>st</sup> 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!**