

SEEMANN

Released: January 2011

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MUSIC MEDIA Song: Seemann, deine Heimat ist das Meer (Original) Artist: Lolita
SOURCE: Album: "Lolita" track 8, also available as a single download from amazon.com & itunes
Music Modified: Speed up music if desired TIME@BPM: 2:48 @ 102 (100%)
BPM/MPM: 102 BPM/25.5 MPM

FOOTWORK: Opposite unless indicated (Woman's footwork in parentheses)
RHYTHM: Foxtrot **RAL Phase:** IV+2 [Check & Weave, Natural Weave] **Difficulty Level:** Average
SEQUENCE: INTRO A A END

MEAS:

INTRODUCTION

- 1-5** WRAPPED POSITION BOTH FCG DLC WAIT 2 MEAS; LADY ROLL TO LUNGE LINE & HOLD; LADY ROLL TO CP; TELEMARK TO SCP;
- 1-2 {WAIT} In Wrapped pos both fcg DLC lead feet free & both looking at ptr Wait during words: "Seemann";
Wait during words: "deine Heimat";
- ss(QQS)3 {LADY ROLL TO LUNGE LINE & HOLD} On words "ist das Meer" M hold while leading W to roll RF, -, sd L &
flex L knee into lunge line, - (W Roll out RF 1 full roll R, L, sd R comp trn & flex knee into lun line, -) ; Hold
- ss(SQQ)4 {LADY ROLL TO CP} As music begins Rec R leading W to roll LF, -, draw L to R, - blend to CP DLC (W
Roll LF trng 1/2 trn L to DRW, -, sd R, cl L blending to CP DRW) ;
- 5 {TELE TO SCP} Fwd L commencing to trn LF, -, sd R contg trn, sd & slightly fwd L to end in tight SCP DLW
(W Bk R commencing to trn LF bringing L beside R w/ no wgt, -, trn LF on R heel [W heel trn] & chg wgt to L,
stp sd & slightly fwd R to end in tight SCP) ;

PART A

- 1-4** CHAIR & SLIP; REVERSE WAVE;; IMPETUS TO SCP;
- 1 {CHR & SLP} On words "Seemann" Ck thru R w/ lun action as for Chr, -, rec L [no rise], w/ slight LF upper
bdy trn slip R bhd L cont trn 1/8 to L to CP end fcg DLC (W Ck thru L w/ lun action as for Chr, -, rec R [no
rise], swvl LF on R & stp fwd L outsd M's R foot to CP) ;
- 2 {REV WAV} Fwd L starting LF bdy trn up to 3/8, -, sd R LOD, bk L diagonally (W Bk R starting LF bdy trn up
to 3/8, -, cl L to R [heel trn], fwd R diagonally) ;
- 3 Bk R twd LOD, -, bk L, bk R crvg LF to end fcg RLOD (W Fwd L, -, fwd R, fwd L crvg to end fcg LOD) ;
- 4 {IMP TO SCP} Commence RF upper bdy trn bk L, -, cl R to L [heel trn] cont trng RF, comp trn fwd L in tight
SCP (W Commence RF upper bdy trn fwd R between M's feet heel to toe pvtg 1/2 RF, -, sd & fwd L cont trn
around M brush R to L, comp trn fwd R to SCP) ;
- 5-8** FEATHER; REVERSE TURN 1/2 TO CHECK & WEAVE;;
- 5 {FTHR} Fwd R, -, fwd L, fwd R outsd W in CBMP (W Thru L trng LF toward ptr, -, sd & bk R, bk L in CBMP) ;
- 6 {REV TRN 1/2} Fwd L commence LF body trn, -, sd R continuing trn, bk L twd LOD to CP (W bk R
commence LF trn, -, cl L to R (heel trn) cont trn, fwd R to CP) ;
- 7 {CK & WEV} Slp R foot bk under body w/ a slight contra ck action, -, rec fwd L commence LF trn, sd R [1/8
LF trn between stps 1 & 2 of the wev] w/ R sd lead & slight R sd stretch preparing to lead W outsd ptr (W Slp
L foot fwd under body w/ a slight contra ck action, -, bk R commence LF trn, sd L [1/8 LF trn between stps 1
& 2 of the wev] w/ L sd lead & slight L sd stretch preparing to stp outsd ptr) ;
- 8 With R sd stretch bk L in CBMP cont 1/8 LF trn between stps 2 & 3 of the wev, bk R to a momentary CP cont
LF trn, sd & fwd L w/ L sd stretch [1/4 LF trn between stps 4 & 5 of the wev body trns less], w/ L sd stretch
fwd R in CBMP outsd ptr DLW (W With L sd stretch fwd R in CBMP outsd ptr, fwd L to a momentary CP
cont LF trn, sd & bk R w/ R sd stretch [1/8 LF trn between stps 4 & 5 of the wev], w/ R sd stretch bk L in
CBMP [1/8 LF trn between stps 5 & 6 of the wev bdy trns less]) ;
- 9-12** HOVER; FEATHER; TELEMARK TO SCP; NATURAL HOVER FALLAWAY;
- 9 {HVR} Fwd L, -, fwd & slightly sd R rising to ball of foot, sd & slightly fwd L to tight SCP (W Bk R, -, bk &
slightly sd L rising to ball of foot, sd & slightly fwd R to tight SCP) ;
- 10 {FTHR} Same as Part A meas 5 ;
- 11 {TELE TO SCP} Same as Introduction meas 4 ;
- 12 {NAT HVR FALWY} Fwd R w/ slight RF body trn, -, fwd L on toe trng RF w/ slow rise, rec R (W Fwd L, -, fwd
R on toe trng RF w/ slow rise, rec L) ;
- 13-16** SLIP PIVOT TO BJO; 1/2 NATURAL; IMPETUS TO SCP; THRU SCP CHASSE;
- 13 {SLP PVT} Bk L, -, bk R commence LF trn [keeping L leg extended], fwd L to BJO (W Bk R commence LF

pvt on ball of foot [thighs locked L leg extended], -, fwd L comp LF trn placing L foot near M's R foot, bk R to BJO) ;

14 {1/2 NAT} Commence RF trn fwd R heel to toe, -, sd & bk L acrs LOD, bk R end CP RLOD (W Commence RF trn bk L, -, bring R to L trng on L heel transfer wgt to R, fwd L to CP LOD) ;

15 {IMP TO SCP} Same as Part A meas 4 ;

16 {THRU SCP CHASSE} Thru R in SCP, -, fwd L/cl R, fwd L (W Thru L in SCP, -, sd R/cl L, sd R) ;

17-20 PROMENADE WEAVE;; CHANGE OF DIRECTION; REVERSE WAVE;

17 {PROM WEV} Fwd R, -, fwd L commence LF trn, sd & slightly bk R to BJO DLC (W Fwd L, -, sd & slightly bk R commence LF trn to BJO DRW, cont trng on R until fcg LOD then fwd L DLC) ;

18 Bk L in CBMP DLC, bk R commence LF trn & lead W to CP, sd & slightly fwd L DLW, fwd R outsd ptr to CBMP DLW (W Fwd R to CBMP, fwd L DLC commence LF trn, cont LF trn sd & slightly bk R fcg COH, bk L to CBMP to end bkg DLW) ;

19 {CHG OF DIR} Fwd L DLW to CP, -, fwd R DLW R shldr leading & trn LF 1/4 to fc DLC, draw L to R w/ brush (W Bk R twd DLW blend to CP, -, bk L w/ L shldr leading & trn 1/4 LF, draw R to L w/ brush) ;

20 {REV WAV} Same as Part A meas 2 ;

21-24 [FINISH REVERSE WAVE]; BACK FEATHER; FEATHER FINISH TO DLW; 3 STEP;

21 {FIN REV WAV} Same as Part A meas 3 ;

22 {BK FTHR } Bk L, -, bk R w/ R shldr leading, bk L to CBMP (W Fwd R, -, fwd L w/ L shldr leading, fwd R to CBMP) ;

23 {FTHR FIN TO DLW} Bk R trng LF 3/8 to fc DLW, -, sd & fwd L, fwd R outside W crossing R leg in front of L at thighs to CBMP (W Fwd L trng LF 3/8 to fc DRC, -, sd & bk R, bk L crossing leg in bk of R at thighs) ;

24 {3 STP} Starting w/ L foot three fwd passing stps w/ heel lead on stps 1 & 2 fwd L, -, fwd R, rising to toe on stp 3 fwd L (W Starting w/ R foot three backward passing stps bk R, -, bk L, bk R) ;

25-28 NATURAL WEAVE;; HOVER; THRU SYNCOPATED UNDERARM TURN TO SCP;

25 {NAT WEV} Fwd R commence RF trn, -, sd L w/ L sd stretch [undr 1/4 RF trn between stps 1 & 2], w/ R sd lead bk R DLC preparing to lead W outsd ptr [slight RF trn between stps 2 & 3] (W Bk L commence RF trn, -, R foot closes to L heel trn w/ R sd stretch trng 1/4 RF between stps 1 & 2, w/ L sd lead fwd L preparing to stp outsd ptr) ;

26 With R sd stretch bk L in CBMP, bk R commence LF trn passing through CP, w/ L sd stretch sd & fwd L preparing to stp outsd ptr trng 1/4 LF between steps 5 & 6 bdy trns less, w/ L sd stretch fwd R in CBMP outsd ptr DLW (W With L sd stretch fwd R in CBMP outsd ptr, fwd L commence LF trn passing through CP, with R sd stretch sd R trng LF 1/8 between stps 5 & 6, w/ R sd stretch bk L trng LF 1/8 between stps 6 & 7 bdy trns less DLW) ;

27 {HVR} Same as Part A meas 9 ;

28 {THRU SYNC UNDRM TRN } Thru R raising jnd lead hnds trn bdy slightly RF, -, sd L/XRib, sd L to SCP (W Thru L begin RF trn under jnd lead hnds, -, fwd R cont RF trn/sd & bk L cont RF trn to fc ptr, blend to SCP) ;

29-32 OPEN NATURAL; OUTSIDE CHANGE TO SCP; CROSS PIVOT TO SCAR; CROSS HOVER TO SCP;

29 {OP NAT} Thru R commencing RF body trn, -, sd L acrs LOD & W's path to CP, cont slight RF trn sd & bk R to fc RLOD in BJO (W Thru L trng RF, -, fwd R between M's feet to CP, fwd L cont RF trn to BJO preparing for next stp outsd ptr) ;

30 {OUTSD CHG TO SCP} Bk L, -, bk R trng LF, sd & fwd L to SCP (W Fwd R, -, fwd L trng LF, sd & fwd R to SCP) ;

31 {X PVT SCAR} Fwd R in front of W beginning a RF turn, -, sd L cont RF trn, fwd R to SCAR (W Fwd L small stp commence RF trn, -, fwd R between M's feet heel to toe pvtg 1/2 RF, sd & bk L to SCAR) ;

32 {X HVR SCP} Fwd L with slight crossing action, leading ptr in front, sd & slightly fwd R between partner's feet briefly blend to CP & cont to SCP, rec L slight RF body trn to SCP DLC lowering at end of stp (W Bk R w/ slight crossing action commencing to rise in bdy, -, sd & slightly bk L briefly blend to CP then a strong RF trn cont to SCP, fwd R to SCP DLC lowering at end of stp) ;

REPEAT A

END

1-2 THRU TO PROMENADE SWAY; SLOWLY CHANGE TO OVERSWAY;

1 {PROM SWAY} Thru R, -, sd & fwd L to SCP w/ R sd stretch looking ovr jnd lead hnds, - (W Thru L, -, sd & fwd R to SCP w/ L sd stretch looking ovr jnd lead hnds, -) ;

2 {SLO CHG TO OVERSWY} Soften L knee, slowly chg to L sd stretch, w/ slight LF upper bdy rotation, looking twd W (W soften R knee, following M's rotation, slowly chg to R sd stretch, looking well to L) ;