

Seal Our Fate

Choreographed by Doug and Jackie Miranda

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64 Count, 4 Wall Intermediate Line Dance

Music: "Seal Our Fate" by Gloria Estefan

CD: Gloria Estefan Into The Light, track 2

COUNTS STEP DESCRIPTION

Set 1 : Rock Side, Recover, Cross; Rock Side, Recover, Cross, Walk Forward R, L, 1/2 Turn L Triple Back

- 1&2 Rock to R side, recover on L, cross R over L (slightly traveling forward as you cross R over L)
3&4 Rock to L side, recover on R, cross L over R (slightly traveling forward as you cross L over R)
5-6 Walk forward as step forward R, L
7&8 Make a 1/2 turn L as you triple step traveling back R, L, R

Set 2 : 1/4 Turn L with Hip Bumps, 1/2 Turn L with Hip Bump

- 1-2 Make a sharp 1/4 turn L as you step L to L side (for styling, turn head to L to look forward) and bump hips L, R
3&4 With weight still on L, continue to bump hips L, R, L
5-6 Make a 1/2 turn L as you step R to R side (you will still be looking in the same direction off your R shoulder) as you bump hips R, L
7&8 With weight still on R, bump hips R, L, R

Set 3 : Rock Back 1/4 Turn Left, Recover, Shuffle Forward; Full Turn Traveling Forward, Step Lock Forward

- 1-2 Rock back on L into a 1/4 turn left (facing 6:00) , Recover forward on R
3&4 Shuffle forward L, R, L
5-6 Turn 1/2 turn L as you step back on your R, turn 1/2 turn L as you step forward on your L (you will have made a full turn progressing forward)
7&8 Step lock forward R, L, R

Set 4 : Rock Forward, Recover, Back Coaster Step; Step Forward, 1/2 Turn L, Step Side and Slide

- 1-2 Rock forward on L, recover back on R
3&4 Step back on L, step R next to L, step forward on L (back coaster step)
5-8 Step R forward, make a 1/2 turn L (bringing weight to L), take a long step to R side on R, slide L next to R, touch L next to R (weight remains on R)

Set 5 : Step Side, Hold, And Step Side, Hold; 1/2 Turn Monterey, Side, Together, Cross

- 1-2 Step L to L side, hold
&3-4 Step R next to L for the & count, step L to L side, hold
5-6 Make a 1/2 turn R Monterey turn by pointing R to R side and turning 1/2 turn R (weight ending on R)
7&8 Rock L to L side, step R next to L, cross L over R (weight ending on L)

Set 6 : Step Side, Hold, And Step Side, Hold; 1/2 Turn Monterey, Side, Together, Cross

- 1-2 Step R to R side, hold
&3-4 Step L next to R for the & count, step R to R side, hold
5-6 Make a 1/2 turn L Monterey turn by pointing L to L side and turning 1/2 turn L (weight ending on L)
7&8 Rock R to R side, step L next to R, cross R over L (weight ending on R)

Continued on page 2

Seal Our Fate continued – page 2

Set 7 : 1/4 Turn R, Hold; 1/2 Turn L, Hold; Step Forward 1/4 Turn R, 1/2 Turn R With A Kick, Back Coaster Step

- 1-2 Turn 1/4 turn R as you step L to L side: although your body will be facing towards the 1/4 turn R, your L foot will be pointed forward off of your L shoulder and you will be looking forward towards the direction of your L shoulder, holding on count 2 (weight on L)
- 3-4 Turn 1/2 turn L as you step R to R side: although your body will be facing towards the 1/2 turn L, your R foot will be pointed forward off of your R shoulder and you will be looking forward towards the direction of your R shoulder, holding on count 4 (weight on R)
- 5-6 Turn 1/4 turn R as you step forward on L, turn 1/2 turn R on the ball of the L as you kick R foot forward
- 7&8 Step back on R, step L next to R, step forward on R (back coaster step)

Set 8 : Step Forward, 1/2 Turn R With A Kick, Back Coaster Step; Step Forward, 1/4 Turn R, Step Side, Look R, Forward

- 1-2 Step L forward, turn 1/2 turn R on the ball of the L as you kick R forward
- 3&4 Step back on R, step L next to R, step forward on R (back coaster step)
- 5-7 Step forward on L, turn 1/4 turn R on R, step L to L side (weight is on L)
- &8 Turn head to look to R side and then forward as hands are on thighs, feet apart (in place of the looks to the R side and forward, you can also use variations such as moving the shoulders to the R side and then center but be sure to have weight on the L so you can start the dance over by rocking to the R side)

START AGAIN!