



Buried At Sea

(September 2024)

contact@adamastmar.se – Sweden



Information: 32 Counts, 2 wall, Phrased Intermediate/Advanced NC2S.
Choreographers: Adam Astmar (SE).
Music: "Buried at Sea" by David Kushner (3:44) ~ 62 bpm.
Intro: Dance starts immediately, prepare with weight on RF stepped back, like doing a rock back on RF.
Sequence: AAA-T1-BB-AA-T1-BB-Aa(8)-T2-BB-A

Section	Steps & Explanations	End Facing
A (16)		
A – 1	Rock Back. Ball Full Turn L, Sweep. Weave, Hitch. Behind ¼ Step. Step ½ Turn.	
1 – 2 &	Rock back on RF, prep upper body to R (1). Recover on LF (2). Turn ½ L step back on RF (&).	6'00
3 – 4 &	Turn ½ L step forward on LF, sweep RF from back to front (3). Cross RF over LF (4). Step to L on LF (&).	12'00
5 – 6 &	Step RF behind LF hitch L knee (5). Step LF behind RF (6). Turn ¼ R step forward on RF (&).	3'00
7 – 8 &	Step forward on LF (7). Step forward on RF (8). Turn ½ L place weight on LF (&).	9'00
A – 2	¼ Sway R. Sway L. Cross Rock with Bend. Ball Step Side. Cross. Side Rock. Cross, Side.	
1 – 2	Turn ¼ L step to R on RF sway to R (1). Sway to L (2).	6'00
3 – 4 &	Cross rock RF over LF, bend knees and collapse body (3). Recover on LF (4). Step to R on RF (&).	6'00
5 – 6	Cross LF over RF (5). Rock to R on RF (6).	6'00
7 – 8 &	Recover on LF (7). Cross RF over LF (8). Step to L on LF (&).	6'00
B (16)		
B – 1	Back, Hook, Step with Sweep. Synchopated Jazz Box ¼ Cross. Side Rock with Arm Movements. Side, Touch. Chasse ¼ Turn.	
1 & 2	Step back on RF (1). Hook LF over RF (&). Step forward on LF, sweep RF from back to front (2).	12'00
3 & 4 &	Cross RF over LF (3). Turn ¼ R step back on LF (&). Step to R on RF (4). Cross LF over RF.	3'00
5 – 6	Rock to R on RF (5). Recover on LF, look to L (6).	3'00
7 &	Step to R on RF, return head to normal position (7). Touch LF next to RF (&).	3'00
8 & a	Step to L on LF (8). Close RF next to LF (&). Turn ¼ L step forward on LF (a).	12'00
Arms	For the arms on counts 5 – 6 – 7 & we're going to make a big wave with R hand and a small wave with L hand. The big wave will then go under the small wave and then we pull R hand to R shoulder and L hand to L side.	
5 & 6	R hand: With fingers pointing up, push hand up slightly above head (5). L hand: Make a small wave forward, keeping fingers pointing forward and arm straightened out (5). R hand: Now "dive down", turning fingers so they point down (imagine a roller coaster going up a hill and then down) (&). L hand: Keep it where it is (&). R hand: Push hand under L hand with fingers pointing to L side (6). L hand: Keep it where it is (6).	
7 &	R hand: Start pulling hand to R shoulder (7). L hand: Start pushing hand towards L side (7). R hand: Finish pulling hand towards R shoulder (&). L hand: Finish pushing hand towards L side (&). Drop hands while doing the chasse!	
B – 2	½ Back Sweep, Back Sweep. Pony Step R. 2X Back Sweep. Pony Step L. Walk Forward R, L with Arm Movements. Rock Forward. Full Turn R.	
1 &	Turn ½ L step back on RF, sweep LF from front to back (1). Step back on LF, sweep RF from front to back (&).	6'00
2 & a	Step back on RF, hitch L knee (2). Step LF next to RF (&). Step back on RF, hitch L knee (a).	6'00
3 &	Step back on LF, sweep RF from front to back (1). Step back on RF, sweep LF from front to back (&).	6'00
4 & a	Step back on LF, hitch R knee (2). Step RF next to LF (&). Step back on LF, hitch R knee (a).	6'00

5 – 6	Walk forward on RF (5), LF (6).	6'00
7 & 8 &	Rock forward on RF (7). Recover on LF (&). Turn ½ R step forward on RF (8). Turn ½ R step back on LF (&).	6'00
Arms	For counts 5 – 6 we're going to do two different kind of arms depending on what B we're on. B always comes in 2 and these arms will be different depending on the lyrics. B first time: Cross both hands formed into fists over chest. B second time: Spread fingers, push hands towards each other in front of chest.	
5 – 6	B First time (Singing "My dear" in the song): Form hands into fists and cross them in front of your chest, like making a small X mark. Hold them there for 2 counts (5, 6). B Second time (Singing "I fear" in the song): Bring hands to chest height, palms facing body, fingers spread and pointing towards each other. Push hands in slowly towards the center over 2 counts, still keeping them near the chest (5, 6).	
Tag 1	Rock Back. Chase ½ Turn. ½ Back.	
1 – 2	Rock back on RF (1). Recover on LF (2).	
3 & 4 &	Step forward on RF (3). Turn ½ L place weight on LF (&). Step forward on RF (4). Turn ½ R step back on LF (&).	
Tag 2	¼ Sway R. Sway L. Cross Rock. Side Rock.	
1 – 2	Turn ¼ L step to R on RF sway to R (1). Sway to L (2).	
3 & 4 &	Cross rock RF over LF (3). Recover on LF (&). Rock to R on RF (4). Recover on LF (&).	

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

Copyright © 2023 – Adam Ástmar. All rights reserved.