

# Adjust The Sails

**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Trish Arena (AUS)

**Music:** Can't Control the Wind - Ricky Skaggs



- |     |  |
|-----|--|
| 1-2 | Cross right over left, point left to side  |
| 3&4 | Shuffle forward left-right-left  |
| 5-6 | Rock forward right, rock back on left  |
| 7&8 | Making a ½ turn right, shuffle forward right-left-right                                    |
|     |  |
| 1-8 | Repeat/mirror the previous 8 counts, starting on left                                      |
|     |  |
| 1-2 | Step right to right side, step left behind right   |
| 3-4 | Make a ¼ turn right & step forward on right, make a ¼ turn right & step sideways on left   |
| 5-6 | Make a ¼ turn right & step forward on right, step forward on left commencing a ¾ turn left |
| 7-8 | Step back on right & step left to side completing the ¾ turn left (facing front)           |
|     |  |
| 1-2 | Cross/rock right in front of left, recover on left   |
| 3&4 | Shuffle sideways right-left-right  |
| 5-6 | Cross/rock left in front of right, recover on right  |
| 7&8 | Shuffle sideways left-right-left   |
|     |  |
| 1&2 | Right sailor traveling backwards   |
| 3&4 | Left sailor traveling backwards  |
| 5-8 | Paddle turn ¼ left, paddle turn ¼ left   |
|     |  |
| 1-2 | Step back on right, point left to side   |
| 3-4 | Step forward on left making a ¼ turn left, point right to side                             |
| 5-8 | Repeat last four counts  |
|     |  |
| 1-2 | Cross right over left, step left to left side  |
| 3-4 | Cross right behind left, rock/step left to left side                                       |
| 5-6 | Rock weight onto right, cross/touch left behind right                                      |
| 7-8 | Unwind ½ turn on balls of feet, drop heels   |
|     |  |
| 1-2 | Step back on right, kick (small) left forward  |
| 3-4 | Step back on left, kick (small) right forward  |
| 5-6 | Rock back on right, recover on left  |
| 7-8 | Paddle turn ¼ left (weight in on left)   |

## REPEAT

## TAGS

At the end of repetitions 1 and 3, there is a four count pause in the music. Just step right foot to side & hold for four in each instance

At the end of repetition 2, there is a 16 count tag, which is a repeat of steps 17-32

## FINISH

The dance finishes by converting the final paddle turn to a ½ pivot and dragging the left foot back beside the right.

