I Am Sailing



Compte: 16 Mur: 2 Niveau: Beginner NC2

Chorégraphe: Micaela Svensson Erlandsson (SWE) - February 2022

Musique: Sailing - Rod Stewart : (2008 Remaster)



Intro: 32 Counts

Section 1: Basic Nightclub. Basic Nightclub. Mambo. 1/4 Turn left. Basic Nightclub.

1-2& Take a long step to the right. Rock back on left. Recover onto right crossing left.
3-4& Take a long step to the left. Rock back on right. Recover onto left crossing right.

5-6& Rock forward on right. Recover onto left, Step back on right.

7-8& Turn ¼ left and take a long step to the left. Rock back on right. Recover onto left.

Section 2: Long Step right. Behind. Side. Cross. Side Rock. ¼ Turn left .Step. Triple Turn Forward. Full Turn Forward.

1-2& Take a long Step right .Cross left behind right. Step right to right side.
3-4& Cross left over right Rock right to right side. Recover onto left turning ¼ left.

5 Step forward on right.

6&7 Make a Full Triple Turn over your right shoulder, travelling forward. (I,r,I)

8& Make a full turn over your left shoulder travelling forward (r,l)

Easy options: Replace the Triple Full Turn with a Forward Shuffle & Full Turn with 2 walks forward.

*2 Count Tag: After Wall 8 facing 12 O'clock

*Tag: Sway Right . Sway Left