

Hvem kan seile

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Helene Pedersen (NOR) & Beate Pedersen (NOR) - July 2025

Musique: hvem kan seile foruten vind? - lille Caesar & Tobias Sten



(1-8) BASIC, ¼ STEP WITH ½ RONDE, ⅛ RUN, ⅛ RUN, ⅛ SWEEP, CROSS, ¼ STEP, ⅜ STEP, SWAY

- 1 2& Step Rf to R (1), Cross Lf behind R (2), Step Rf in front of Lf (&)
3 Step Lf back ¼ to R and sweep Rf ½ to R (3)
4&5 Step ⅛ Rf to R (4), Step ⅛ Lf to R (&), Step Rf ⅛ to R sweeping Lf fwd (5)
6& Cross Lf over Rf (6), Step ¼ Rf to L (&)
7 8 Step ⅜ Lf to L (7), Sway weight on to Rf (8)

(Arms: Reach both arms in front of you (7), Pull both arms back to stomach (8))

(9-16) BEHIND, SIDE ROCK, BEHIND, ¼ ROCK, ¼ RECOVER, CROSS TURN BACK, BACK TURN STEP, STEP, LOCK

- 1&a2 Step back Lf behind R (1), Rock Rf to R (&), Recover on Lf (A), Cross Rf behind Lf (2)
3 4 Rock Lf ¼ to L (3), Recover Rf ¼ to R (4)
5&a Cross Lf over Rf (5), Make ¼ turn L stepping Rf back (&), Step back on Lf (A)
6&a Step back on Rf (6), Make ½ turn over L shoulder stepping Lf fwd (&), Step Rf fwd (A)
7 8 Step Lf fwd (7), Step Rf behind Lf in a lock (8)

(Option: Reach arms up to the sky (7), Down (8))

(17-24) BACK SWEEP, BACK SWEEP, CROSS BEHIND, ¼ STEP, ½ STEP, ¼ STEP, SAWY, SAWY, STEP ½ STEP WITH HITCH

- 1 2 Step Rf back sweeping Lf back, Step Lf back sweeping Rf back
3&a4 Cross Rf behind Lf, Step ¼ L with Lf, Step ½ back on Rf, Step ¼ L on Lf

(Arms: (4)Sway both arms to L)

- 5 6 Sawy R to Rf, Sway L to Lf

(Arms: (5)Sway both arms to R, (6) Sway both arms to L)

- 7 8 Step Rf fwd (7), Step Lf ½ to L and hitch Rf (8)

(Arms: Reach with R arm (7))

(25-32) RUN, RUN, RUN, ROCK, RECOVER, BACK, BACK, ¼ SAILOR STEP, ½ PIVOT, ½ PIVOT

- 1&a Step Rf fwd (1), Step Lf fwd (&), Step Rf fwd (A)
2 3 Rock Lf fwd (2), Recover to Rf (3)
(Arms: Reach both hands up to the sky (2), down (3))
a 4 Step Lf back (A), Step Rf back (4)
5&6 Cross L behind R (5), Turn ¼ L stepping R next to L (&), Step L fwd (6)
7 8 Step ½ Rf to R (7), Step ½ Lf to L

Ending: Turn ½ facing 12.

Enjoy and have fun! ☐

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