

# I Am Sailing

**COPPER** KNOB  
STEPSHEETS

拍数: 16      墙数: 2      级数: Beginner NC2  
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音乐: Sailing - Rod Stewart : (2008 Remaster)



Intro: 32 Counts

**Section 1: Basic Nightclub. Basic Nightclub. Mambo. ¼ 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. (l,r,l)
- 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**