

# Sail

拍数: 32                      墙数: 2                      级数: Funky Intermediate  
编舞者: Martie Papendorf (SA) - September 2011  
音乐: Sail - AWOLNATION : (4:19)



**Start - On first vocals, "Sail". - No Tags, Restarts**

**S1: Side, Touch, Step & sway 3x, Step, Turn ½ left, Step, Turn ¼ left**

1,2                      Step R to right side, Touch L to R,  
&3                      Step and sway L to left side, Step R in place and sway to right side  
4                        Step L in place and sway to left side,  
5,6                     Step R fwd, Step L fwd making ½ turn left, 6.00  
7,8                     Step R fwd, Make ¼ turn left on balls of both feet (weight to L lifting R heel ) 3.00

**S2: Step ¼ R, Point L, Step, Point R, ½ R pointing across, Rocking chair**

1,2                     Make ¼ turn right stepping R fwd, (6.00) Point L to left side bending both knees and look over left shoulder,  
&3                     Step L fwd slightly in front of R, Point R to right side (angling body to left),  
4                        Turn ½ right (weight stays on L, R stays in position to point across L), 12.00  
5,6                     Rock R to left diagonal, Rock L back,  
7,8                     Rock R back, Rock L fwd

**S3: R fwd, L lock, R fwd, Step, Scuff, Stamp 2x, Touch and grind heel**

1,2                     Step R fwd to right diagonal, Lock L behind R,  
&3,4                    Step R fwd, Step L next to R, Scuff R fwd to face 12.00,  
5                        Stamp R across L, toes facing inwards towards 9.00 and heel to (3.00) (No weight)  
6                        Stamp R toes facing forwards to 12.00 and heel to 6.00 (No weight)  
7,8                     Touch R heel fwd, Grind R heel to right

**S4: R strut back, L strut back, ¼ right, Close, ¼ right, Recover**

1,2                     Touch R back, Drop heel,  
3,4                     Touch L back, Drop heel,  
5,6                     Step R to right side making ¼ turn right, Close L next to R, 3.00  
7,8                     Step R fwd making ¼ turn right, Recover L to left side 6.00

**Ending: Music fades away so track can be shortened .....**