

Sail On

拍數: 32 牆數: 2 級數: Improver
編舞者: Hayley Goy (UK) & Michael Lynn (UK) - May 2019
音樂: Sail On - Bucky Covington



(16 count intro, 68 bpm)

Music Available on iTunes, Amazon Music, 7Digital, Spotify etc.

BASIC NIGHTCLUB, 1/2 HINGE TURN RIGHT CROSS, BASIC NIGHTCLUB, 1/4 TURN-SWEEP, CROSS BACK

- 1-2& Step right to right side, cross rock left behind right, recover right,
- 3-4& Step the left back as you 1/4 turn right, step right 1/4 turn right, cross left over right, (06:00)
- 5-6& Step right to right side, cross rock left behind right, recover right,
- 7-8& Step forward left as you 1/4 turn left sweeping right from back to front crossing right over left, step back left (03:00)

BACK ROCK RECOVER, 1/2 TURN LEFT, BACK LOCKSTEP, FULL RUMBA BOX, ROCK 1/4 TURN LEFT

- 1-2& Rock back right, recover left, make a 1/2 turn left as you step back right, (09:00)
- 3&4 Step back left, lock right across left, step back left,
- 5&6 Step right to right side, close left beside right, step forward right,
- 7&8 Step left to left side (in line with right foot), close right beside left, rock back left as you 1/4 left. (06:00)

RESTART: On wall 3 dance upto count 16 and restart the dance.

RECOVER 1/4 TURN RIGHT, SWEEP, WEAVE, SWEEP, BEHIND-SIDE, CROSS ROCK RECOVERx2

- 1 Recover onto right as you 1/4 turn right sweeping the left from back to cross in front, (09:00)
- 2&3 Cross left over right, step right to right side, cross left behind right as you sweep right front to back,
- 4& Cross right behind left, step left to left side,
- 5-6& Cross rock right over left, recover left, step right to right side,
- 7-8& Cross rock left over right, recover right, step left to left side.

RESTART: Wall 6 dance upto count 8, change the & count by stepping forward 1/4 turn left as you touch right beside left.

CROSS, SCISSOR 1/4 TURN RIGHT, 1/4 TURN LEFT-BEHIND-1/4 TURN RIGHT, MAMBO-1/2 TURN, 2 RUNS

- 1 Cross right over left,
- 2&3 Step left to left side, step right beside left, 1/4 turn right stepping left forward, (12:00)
- 4&5 1/4 turn left as you step right to right side (09:00), cross left behind right, step right 1/4 turn right, (12:00)
- 6&7 Rock forward left, recover right, 1/2 turn left as you step forward left, (06:00)
- 8& Run right, run left.

OPTION: 8& you can replace with a full turn by 1/2 turn left stepping back right (12:00), 1/2 turn left stepping forward left (06:00)

RESTARTS: -

Wall 3 Dance upto count 16 and restart the dance again on the back wall.

Wall 6 Dance upto count 24 change the & count to a 1/4 turn left as you touch right beside left. Restart dance facing front wall.

Last Update - 31 May 2019