

Sailing

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Noel Bradey (AUS) & Michael Vera-Lobos (AUS)
音樂: Sailing - Christopher Cross



WEAVE, ¼, HOLD, ¼, SWEEP

- 1-4 Cross/step left over right, step right to right side, cross/step left behind right, turn ¼ turn right stepping forward right
5-8 Step forward on left, hold (let right drag naturally toward left), turn ½ turn right stepping forward on right, sweep left around to side of right (9:00)

WEAVE, ¼, HOLD, ½, SWEEP

- 1-4 Cross/step left over right, step right to right side, cross/step left behind right, turn ¼ turn right stepping forward right
5-8 Step forward on left, hold (let right drag naturally toward left), turn ½ turn right stepping forward on right, hold (let right drag naturally toward left)

FORWARD COASTER, DRAG, ROCK BACK, FORWARD, FULL TURN FORWARD

- 1-4 Step forward left, step right beside left, step back left, drag right towards left (weight left)
5-8 Rock/step back on right, rock forward left, (traveling forward) ½ turn left stepping back on right, ½ turn left stepping forward on left

STEP SIDE, DRAG, ROCK BACK, FORWARD, STEP DIAGONAL, HOLD, ½ PIVOT, HOLD

- 1-4 Step right to right side, drag left toe towards right, rock/step left behind right, rock forward right
5-8 Step diagonally forward on left (5:00), hold, step forward right, ½ pivot turn left (11:00)

STEP FORWARD, HOLD, STEP FORWARD, 3/8 TURN, CROSS, SIDE, CENTER, CROSS

- 1-4 Step forward right, hold (11:00), step forward left, pivot 3/8 turn right (3:00) (end weight right)
5-8 Cross/step left over right, rock/step right to right side, replace to center on left, cross/step right over left

SWAY LEFT, HOLD, SWAY RIGHT, HOLD, CROSS/STEP, HOLD, SIDE, ½ HINGE

- 1-4 Stepping left to left sway hips left, hold, sway hips right, hold
5-8 Cross/step left over right, hold, step right to right side, turn ½ left stepping left to left side (9:00)

ROCK FORWARD, HOLD, ROCK BACK, ½ STEP, STEP FORWARD, HOLD, ¼ PIVOT, CROSS

- 1-4 Rock/step forward on right, hold, rock back on left, turning ½ turn right step forward on right (3:00)
5-8 Step forward on left, hold, ¼ pivot turn right, cross/step left over right (6:00)

SIDE ROCK, REPLACE, CROSS, SWEEP, CROSS, SWEEP, CROSS SWEEP (TRAVELING FORWARD)

- 1-4 Rock/step right to right side, replace weight to left, cross/step right over left, sweep left around to left side
5-8 (Traveling forward) cross/step left over right, sweep right around to right side, cross/step right over left, sweep left around to left side

REPEAT

RESTART

During walls 3 and 5, dance to count 60 and restart from the beginning

