

# Adjust The Sails

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Trish Arena (AUS)  
音樂: Can't Control the Wind - Ricky Skaggs



- 1-2      Cross right over left, point left to side  
3&4      Shuffle forward left-right-left  
5-6      Rock forward right, rock back on left  
7&8      Making a ½ turn right, shuffle forward right-left-right
- 1-8      Repeat/mirror the previous 8 counts, starting on left
- 1-2      Step right to right side, step left behind right  
3-4      Make a ¼ turn right & step forward on right, make a ¼ turn right & step sideways on left  
5-6      Make a ¼ turn right & step forward on right, step forward on left commencing a ¾ turn left  
7-8      Step back on right & step left to side completing the ¾ turn left (facing front)
- 1-2      Cross/rock right in front of left, recover on left  
3&4      Shuffle sideways right-left-right  
5-6      Cross/rock left in front of right, recover on right  
7&8      Shuffle sideways left-right-left
- 1&2      Right sailor traveling backwards  
3&4      Left sailor traveling backwards  
5-8      Paddle turn ¼ left, paddle turn ¼ left
- 1-2      Step back on right, point left to side  
3-4      Step forward on left making a ¼ turn left, point right to side  
5-8      Repeat last four counts
- 1-2      Cross right over left, step left to left side  
3-4      Cross right behind left, rock/step left to left side  
5-6      Rock weight onto right, cross/touch left behind right  
7-8      Unwind ½ turn on balls of feet, drop heels
- 1-2      Step back on right, kick (small) left forward  
3-4      Step back on left, kick (small) right forward  
5-6      Rock back on right, recover on left  
7-8      Paddle turn ¼ left (weight in on left)

## REPEAT

## TAGS

At the end of repetitions 1 and 3, there is a four count pause in the music. Just step right foot to side & hold for four in each instance

At the end of repetition 2, there is a 16 count tag, which is a repeat of steps 17-32

## FINISH

The dance finishes by converting the final paddle turn to a ½ pivot and dragging the left foot back beside the right.

