

# Sailor At Heart

Count: 32

Wand: 4

Ebene: Beginner / Improver

Choreograf/in: Melissa Lau (NZ) - July 2024

Musik: The Last Shanty - Patrick Feeney



**Intro: 32 counts**

## **WALK BACK R-L-R, TOUCH, WALK FWD L-R-L, HITCH**

1, 2, 3, 4 Walk back on R, walk back on L, walk back on R, touch L next to R (clap) (12:00)

5, 6, 7, 8 Walk fwd on L, walk fwd on R, walk fwd on L, hitch R knee up

(option: scoot/hop slightly fwd)

## **CROSS ROCK-RECOVER, RIGHT CHASSE, CROSS ROCK-RECOVER, LEFT CHASSE**

1, 2 Rock R across L, recover weight on L

3&4 Step R to side, step L next to R, step R to side

5, 6 Rock L across R, recover weight on R

7&8 Step L to side, step R next to L, step L to side

## **V-STEP, ¼ TURN V-STEP**

1, 2 Step R diagonal fwd, step L diagonal fwd

3, 4 Step R back to centre, step L next to R

5, 6 Turn ¼ left stepping R diagonal fwd (9:00), step L diagonal fwd

7, 8 Step R back to centre, step L next to R

## **CROSS, SIDE, RIGHT SAILOR, LEFT SAILOR, FWD ROCK-RECOVER**

1, 2 Step R over L, step L side

3&4 Swing R behind L, step L to side, step R to side

5&6 Swing L behind R, step R to side, step L to side

7, 8 Rock fwd on R, recover weight on L

**\* ENDING: after 8 counts, turn ¼ left stepping R to side, to face the front**

---