

# Adjust The Sails

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Trish Arena (AUS)

Musik: 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.

