

Harbour Bay

Count: 64

Wall: 2

Level: Beginner / Improver

Choreographer: Modern Soles (UK) - March 2014

Music: Sailing - Mike Oldfield : (Album: Man On The Rocks)



Intro 2 beats before vocals - No Tags Or Restarts

STEP, TOUCH, SHUFFLE BACK , COASTER STEP, STEP ½ TURN

- 1-2- Step fwd R, Touch L behind
- 3&4 Shuffle back LRL
- 5&6 Step back R, Step together L, Step fwd R
- 7-8 Step fwd L, Turn 1/2 , recovering weight on R (6.00)

HEEL, HOLD, AND HEEL, HOLD, R LOCK BACK , BEHIND UNWIND

- 1-2 L heel fwd, Hold
- &3-4 Replace L back next to R, R Heel fwd, Hold
- 5&6 Step back R, Lock L across R, Step back R
- 7-8 Touch L behind R, Unwind ½ L (12.00)

¼ SIDE ROCK, R CROSS SHUFFLE, SIDE ROCK, L CROSS SHUFFLE,

- 1-2 Step fwd R, turnig ¼ L (9.00)
- 3&4 Cross R over L, Step L to side, Cross R over L
- 5-6 Rock out to the L, Recover on R
- 7&8 Cross L over R, Step R to side, Cross L over R

SIDE BEHIND, R SIDE SHUFFLE ¼, STEP PIVOT ½, BACK ROCK

- 1-2 R to the side, L behind R
- 3&4 Step R to the the R, L together, Step R to R turning ¼ (12.00)
- 5-6 Step fwd L, Pivot ½ R (keeping weight on L), (6.00)
- 7-8 Rock back on the R, Recover weight on L

CROSS SAMBA, CROSS SAMBA, JAZZ BOX CROSS

- 1&2 Cross R over L, Step L to L side, Recover R in place
- 3&4 Cross L over R, Step R to R side, Recover L in place
- 5-6-7-8 Cross R over L, Step back on L, Step R to R side, Cross L over R

SIDE SHUFFLE, BACK ROCK, STEP TOUCH, STEP HITCH

- 1&2 Step R to R side, Step L together, Step R to R side
- 3-4 Rock back on L, Recover on R
- 5-6 Step L fwd, Touch Right behind
- 7-8 Step R back, Hitch L into

SAILOR STEP, SAILOR ¼ , ROCK RECOVER, SHUFFLE TURN,

- 1&2 Cross L behind R, Step R to R side, Step L into place
- 3&4 Cross R behind L, Step L to L side, Step R fwd turning ¼ R (9.00)
- 5-6 Rock fwd on L, Recover on R
- 7&8 Turning ½ turn L Shuffle backwards, stepping L-R-L (3.00)

TURN STRUT 1/2, TURN STRUT ¼, CROSS SAMBA, CROSS, POINT

- 1-2 Turning ½ turn L touch R toe back, Drop R heel taking weight (9.00)
- 3-4 Turning ¼ turn L touch L toe back, Drop L heel taking weight (6.00)
- 5&6 Cross R over L, Step L to L side, Recover on R

7-8

Cross L over R, Point R to R side

**Dance finishes facing the front, in the forth section after the 4th step which is the
SIDE BEHIND, R SIDE SHUFFLE ¼,**

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