

Sail 4 Ever

COPPERKNOB
BY STEPHEN

Compte: 32

Mur: 4

Niveau: Absolute Beginner



Chorégraphe: Shanthie De Mel (AUS) - July 2024

Musique: Island - Eddy Raven

Intro: Begin on lyrics. Rotation left. No Tags or Restarts. Do your own styling with a rocking motion.

[1-8] SIDE. TOGETHER. SHUFFLE FORWARD. x2

- 1, 2 Step R to right side. Step L together.
- 3&4 Shuffle forward R-L-R.
- 5, 6 Step L to left side. Step R together.
- 7, 8 Shuffle forward L-R-L. (12:00)

[9-16] ROCKING CHAIR RIGHT. x2

- 1, 2 Rock R forward. Recover on L in place.
- 3, 4 Rock R back. Recover on L in place.
- 5, 6 Rock R forward. Recover on L in place.
- 7, 8 Rock R back. Recover on L in place. (12:00)

Optional: Do rainbow arms.

[17-24] TAP. BEHIND. SIDE. CROSS. x2

- 1, 2 Tap R to right side. Cross R behind L.
- 3, 4 Step L to left side. Cross R over L.
- 5, 6 Tap L to left side. Cross L behind R.
- 7, 8 Step R to right side. Cross L over R. (12:00)

[25-32] SAILOR RIGHT. HOLD. TURNING 1/4 LEFT SAILOR LEFT. HOLD.

- 1, 2 Step R behind L. Step L to left side
- 3, 4 Step R to right side. Hold.
- 5, 6 Turning 1/4 left step L behind R. Step R to right side. (9:00)
- 7, 8 Step L to left side. Hold. (9:00)

Begin sequence again. Smile. Have fun!
