

# Seven Sheets To The Wind

**COPPER** KNOB  
BY STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Lizzie Clarke (SCO)

**Musique:** Lightnin' Strikes A Good Man - Lacy J. Dalton



Dedicated the 'Tall Ships' on their recent visit to Greenock in Bonnie Scotland

## **SAILOR STEPS, CROSS UNWIND $\frac{3}{4}$ TURN RIGHT, STEP PIVOT $\frac{1}{2}$ TURN LEFT**

- 1&2 Cross right behind left, step left to left, step right to right  
3&4 Cross left behind right, step right to right, step left to left  
5-6 Cross right behind left, unwind  $\frac{3}{4}$  turn right  
7-8 Step forward on left foot, pivot  $\frac{1}{2}$  turn right

## **ROCK STEPS, SHUFFLE, $\frac{1}{2}$ TURN RIGHT, STEP BACK**

- 1-2 Rock back on left, recover on right  
&3-4 Quickly step in place on left, rock back on right, recover on left  
5&6 Step forward on right, step left next to right, step forward on left  
7&8 Step forward on left making  $\frac{1}{2}$  turn right, step right next to left, step back on left

## **KICK BALL POINTS, CROSS UNWIND $\frac{3}{4}$ , LEFT SHUFFLE**

- 1&2 Kick right foot forward, step right beside left, point left toe to left side  
3&4 Kick left foot forward, step left beside right, point right to right side  
5-6 Cross right over front of left, unwind  $\frac{3}{4}$  turn left  
7&8 Step forward on left, step right beside left, step forward on left

## **FULL TURN LEFT, SHUFFLE, STEP $\frac{1}{2}$ TURN RIGHT, SHUFFLE**

- 1-2 Step forward on right turning  $\frac{1}{2}$  turn left, continue turning  $\frac{1}{2}$  left stepping forward on left foot  
3&4 Step forward on right, step left next to right, step forward on right  
5-6 Step forward on left foot, pivot  $\frac{1}{2}$  turn right  
7&8 Step forward on right, step right next to left, step forward on left

**REPEAT**

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