

The Drunken Sailor

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Caroliners - November 2007

Musique: Drunken Sailor - The Irish Rovers



Intro – Through 8 counts (Drumbeat) Wait 4 /Then Do the Matrix Lean from L to R for 4 counts)

(1–4) SAILOR STEPS and CLAP X 3

- 1-3 Step R behind L .Step out sideways L to L –Replace weight sideways step R
- 4 Clap Hands
- 5-8 Repeat counts 1-4 – with L
- 9-12 Repeat 1-4 with R

(Note - Later when sailor steps are better known maybe do 2 faster sailors 9-12 R /L (9&10.11&12)
But you will then spring heel R.L.R.L backwards ball change L back to walk F/W on R (&17.18.19. etc)

(13-16) SPRING HEEL DIGS TRAVELLING BACKWARDS x 4

- 13 Spring heel dig L foot out to front – (Hands on hips) travel back a bit
- 14 Spring Heel dig R foot out to front
- 15. 16 Repeat 13/14

(17-24) WALK FORWARD x 3 AND KICK – WALK BACK 2 and L COASTER STEP

- 17-20 3 Walks F/W R.L.R Kick the L - bring arms up from sides in front of body
- 21-24 2 Walks back L.R. and step back L join R by side of L Step F/W L

(25-32) ¼ TURNING JAZZ BOX to R .WITH STOMPS 'MATRIX LEAN' ½ CIRCLE FROM L to R

- 25-28 Cross R over L Step directly back on L making ¼ turn to R stomp R to R stomp L to L
(legs at least shoulder wide apart)

- 29-32 Bounce upper body round in ½ circle backwards from L to R (from waist up) hands on hips

Begin again.

OPTIONAL FINISH - Dance ends last wall on 3 o'clock

Dance counts 1-8 then turn last R foot sailor and clap ¼ to left to face 12 o'clock (9-12)

(13-16) Do L foot jazz box finish stomp feet together bring arms up for last chord of music.(17)

Notes:

This could be a fun 'mixer idea' danced with counts 17 – 20 holding hands with people next to you and bringing arms up together.

For a funky floor split alternative try' Rock this Party'/'Ain't Got No Money' dance tracks

(or any other steady 4/4 disco beat)You can swap the kick (count 20 for a funky dig F/W with R)and could use 4 shoulder isolations R L R L or hip bumps R L R L (swap counts 29-32))

A dance to HELP teach Sailor Steps.