

Abandon Ship

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Camille Sheardown (USA) - March 2016
音乐: Mayday - Cam



Dance Pattern: AB AAB ABB AA

Segment A – 32 counts

A Steps [1-8]: L Mambo Fwd, R Mambo Back, R ¼ Turn, Together, Out, Out, In, In (9:00)

1&2 Rock L forward, Recover back onto R, Step L back
3&4 Rock R back, Recover forward onto L, Step R together
5&6 Rock fwd on L making ¼ turn R, Recover R facing 9:00, Step L next to R
7&8& Step slightly out to R lifting onto toes, Repeat with L, back down in with R, then L
(Think: ship rocking at sea)

A Steps [9-16]: Triple Fwd, Rock, Recover, Step Back 3x, Rock, Recover, Step ½ turn (3:00)

1&2 Triple RLR
3&4 Rock Fwd L, Recover R, Step back L
5-6 Step back R, Step back L
7&8& Rock back R, Recover L, Step Fwd R, Pivot ½ turn to L with weight on L facing 3:00

A Steps [17-24]: R Lock Step, Shuffle L, Behind Rock, Recover, Side, Vine R

1&2 Step Fwd R, Lock L ankle behind R, Step Fwd R
3&4 Step L on L, R together, Step L
5&6 Rock R behind L, Recover L, Step to R
7&8& Step L behind R, R to R, L crosses in front of R, R to R

A Steps [25-32]: Sway 4x for ½ turn, Sailor Step 2x, Modified Sailor (9:00)

1-2 Sway L 1/8 turn L, Sway R 1/8 turn L (6:00)
3-4 Sway L 1/8 turn L, Sway R 1/8 turn L (9:00)
5&6& L behind R, R next to L, L to L, R behind L
7&8& L next to R, R to R, L behind R, R next to L

Segment B

B Steps [1-8]: Mambo Fwd, Mambo Back, Walk 4x making ½ turn L (6:00)

1&2 Rock L forward, Recover back onto R, Step L back
3&4 Rock R back, Recover forward onto L, Step R together
5-6 Walk ¼ turn L on L, Walk ¼ turn L on R
7-8 Walk Fwd L, Walk Fwd R

B Steps [9-16]: Mambo Fwd, Mambo Back, Sway 4x for ½ turn R (12:00)

1&2 Rock L forward, Recover back onto R, Step L back
3&4 Rock R back, Recover forward onto L, Step R together
5-6 Sway L 1/8 turn R, Sway R 1/8 turn R
7-8 Sway L 1/8 turn R, Sway R 1/8 turn R

Contact: djcamcountry@gmail.com