

# Abandon Ship

COPPER KNOB  
STEPSHEETS

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

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