

AB Sailor

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 1 级数: Absolute Beginner - 4W option.
编舞者: Debra Ciavarella (AUS) - April 2018
音乐: Sailor - Petula Clark : (Album: The Hits of 1961 - iTunes)



INTRO: 16 Counts in on Vocals. Music: 2:59 min
Feet Together Weight on Right, No Tags or Restarts (Ending if 4 wall)

SEC. 1: L SAILOR, R SIDE ROCK RECOVER, R SAILOR, L SIDE ROCK RECOVER.

1&2 L Behind R, R to the Side, L Beside R,
3-4 R Rock to R Side, Recover on L,
5&6 R Behind L, L to the Side, R Beside L,
7-8 L Rock to L Side, Recover on R.

Option: To make it a 4 Wall Dance:

5&6 R Behind L ¼ Turn R, L to the Side, R Beside L. (3)

SEC. 2: L HEEL HOOK, HEEL TOGETHER, R HEEL HOOK, HEEL TOGETHER.

1-2 L Heel Forward at 45 L, Hook L Heel Across R,
3-4 L Heel Forward at 45 L, Step Together,
5-6 R Heel Forward at 45 R, Hook R Heel Across L,
7-8 R Heel Forward at 45 R, Step Together.

SEC. 3: L SIDE ROCK RECOVER, L SAILOR, R SIDE ROCK RECOVER, R SAILOR.

1-2 L Rock to L Side, Recover on R,
3&4 L Behind R, R to the Side, L Beside R,
5-6 R Rock to R Side, Recover on L,
7&8 R Behind L, L to the Side, R Beside L.

SEC. 4: LEFT ROCKING CHAIR, LEFT V STEP.

1-2 L Forward Rock, Rock Back on R,
3-4 L Back Rock, Rock Forward on R,
5-6 Step L Forward, Step R next to L Shoulders Width Apart,
7-8 Step Back on L, Step R Together, Weight on Right.**

****ENDING FOR 4 WALL ONLY: Repeat SEC. 1 Steps 1 to 8. You will be facing the front.**

Can be used as a split floor to my other Improver Level Dance: Marcia's Sailor.

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