

# 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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