

Sailor

拍数: 32 墙数: 4 级数: Beginner
编舞者: Audrey Turnbull (UK) - October 2018
音乐: Sailor - Petula Clark



RIGHT SAILOR STEP, LEFT SAILOR STEP, SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT

- 1&2 Step right foot behind left, step left foot to left side, step right foot beside left foot
3&4 Step left foot behind right, step right foot to right side, step left foot beside right foot
5&6 Step forward of right foot, close left foot to right foot, step forward on right foot
7&8 Step forward on left foot, close right foot to left foot, step forward on left foot

PIVOT ¼ TURN LEFT X 2, WEAVE – CROSS, SIDE, BEHIND, SIDE

- 1-4 Step forward on right foot, pivot ¼ turn left transferring weight to left foot Step forward on
right foot, pivot ¼ turn left transferring weight to left foot
5-8 Weave – cross right foot over left foot, step left foot to left side, cross right foot behind left
foot, step left foot to left side

CROSS ROCK, SIDE SHUFFLE RIGHT, WEAVE – CROSS, SIDE, BEHIND, SIDE

- 1-2 Cross right foot over left, step back on left foot
3&4 Step right foot to right side, close left foot to right foot, step right foot to right side
5-8 Weave – cross left foot over right foot, step right foot to right side, cross left foot behind right
foot , step right foot to right side

CROSS ROCK, SIDE SHUFFLE LEFT, JAZZ BOX ¼ TURN RIGHT

- 1-2 Cross left foot over right foot, step back on right foot
3&4 Step left foot to left side, close right foot to left foot, step left foot to left side
5-8 Cross right foot over left foot, step back on left foot, turn ¼ right stepping right foot to right
side, step left foot beside right foot.

Contact: helenlcairns@hotmail.co.uk
