

Sittin' On The Dock Of The Bay

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Hiroko Carlsson (AUS) - May 2021
音乐: (Sittin' On) The Dock of the Bay - Otis Redding : (amazon)



(Dance starts on lyrics)

[S1] Monterey 1/4R Turn, Rocking Chair

1 2 Touch R toe to the side, Bring R beside L and at the same time twist both heels to the L making a ¼ turn right (3:00)
3 4 Touch L toe to L, Step-close L beside R
5 6 7 8 Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L

[S2] Monterey 1/4R Turn, Fwd Rock, Coaster Step

1 2 Touch R toe to the side, Bring R beside L and at the same time twist both heels to the L making a ¼ turn right (6:00)
3 4 Touch L toe to L, Step-close L beside R
5 6 Rock forward on R, Recover weight on L
7&8 Step back on R, Step L next to R, Step forward on R

[S3] Side Rock, Slow Sailor-Point, Back, Point, Back

1 2 Rock L to the side, Recover weight on R
3 4 Step L behind R, Step R slightly to the side
5 6 Point L toes to the left, Step back on L
7 8 Point R toes to the right, Step back on R

[S4] Heel, Fwd, Tap, Back, Heel-Drop, Step-Pivot 1/4L

1 2 Touch L heel forward, Step forward on L
3 4 Tap R next to L, Step back on R
5 6 Touch L heel forward, Recover forward onto L
7 8 Step forward on R, Make a ¼ turn left recover weight on L (3:00)

No tags or restarts.

Ending Suggestion: The last wall starts at 9:00.

Dance up to count 18, followed by Sailor 1/4R turn to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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