

I Am Sailing

COPPERKNOB
BY STEPHEN

拍数: 16 墙数: 2 级数: Beginner NC2
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音乐: Sailing - Rod Stewart : (2008 Remaster)



Intro: 32 Counts

Section 1: Basic Nightclub. Basic Nightclub. Mambo. ¼ Turn left. Basic Nightclub.

1-2& Take a long step to the right. Rock back on left. Recover onto right crossing left.
3-4& Take a long step to the left. Rock back on right. Recover onto left crossing right.
5-6& Rock forward on right. Recover onto left, Step back on right.
7-8& Turn ¼ left and take a long step to the left. Rock back on right. Recover onto left.

Section 2: Long Step right. Behind. Side. Cross. Side Rock. ¼ Turn left .Step. Triple Turn Forward. Full Turn Forward.

1-2& Take a long Step right .Cross left behind right. Step right to right side.
3-4& Cross left over right Rock right to right side. Recover onto left turning ¼ left.
5 Step forward on right.
6&7 Make a Full Triple Turn over your right shoulder, travelling forward. (l,r,l)
8& Make a full turn over your left shoulder travelling forward (r,l)

Easy options: Replace the Triple Full Turn with a Forward Shuffle & Full Turn with 2 walks forward.

***2 Count Tag: After Wall 8 facing 12 O'clock**

***Tag: Sway Right . Sway Left**