

Sailor EZ

拍数: 64 墙数: 1 级数: Beginner
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音乐: Sailor - Philomena Begley : (Petula Clark Cover)



Intro : 20 counts // 1 RESTART on wall 3 after 32counts

Sect 1 WEAVE , CROSS ROCK , SIDE , HOLD

1 – 4 Cross R over L – L to side – R behind L – L to side
5 – 8 Cross R over L – recover on L – R to side – hold

Sect 2 WEAVE , CROSS ROCK , SIDE , HOLD

1 – 4 Cross L over R – R to side – L behind R – R to side
5 – 8 Cross L over R – recover on R – L to side – hold

Sect 3 FORWARD CROSS, SIDE POINT , BACK, SIDE POINT

1 – 4 Cross R over L – point L to side – cross L over R – point R to side
5 – 8 R behind L – point L to side – L behind R – point R to side

Sect 4 K- STEP

1 – 4 R diag forward – touch L beside R – L diag back – touch R beside L
5 – 8 R diag back – touch L beside R – L diag forward – touch R beside L

(Restart here on wall 3)

Sect 5 SIDE ROCK, CROSS, HOLD

1 – 4 Rock R to side – recover on L – cross R over L – hold
5 – 8 Rock L to side – recover on R – cross L over R – hold

Sect 6 FORWARD ROCK , WEAVE ½ TURN RIGHT

1 – 2 Rock R forward – recover on L
3 – 4 Turn ¼ right step R to side – cross L over R (3.00)
5 – 6 R to side – L behind R
7 – 8 Turn ¼ right step R forward – L forward (6.00)

Sect 7 SIDE ROCK, CROSS, HOLD

1 – 4 Rock R to side – recover on L – cross R over L – hold
5 – 8 Rock L to side – recover on R – cross L over R – hold

Sect 8 FORWARD ROCK , WEAVE ½ TURN RIGHT

1 – 2 Rock R forward – recover on L
3 – 4 Turn ¼ right step R to side – cross L over R (9.00)
5 – 6 R to side – L behind R
7 – 8 Turn ¼ right step R forward – L forward (12.00)

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