

# Sailor At Heart

**COPPER** KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner / Improver  
编舞者: Melissa Lau (NZ) - July 2024  
音乐: The Last Shanty - Patrick Feeney



Intro: 32 counts

## WALK BACK R-L-R, TOUCH, WALK FWD L-R-L, HITCH

1, 2, 3, 4      Walk back on R, walk back on L, walk back on R, touch L next to R (clap) (12:00)  
5, 6, 7, 8      Walk fwd on L, walk fwd on R, walk fwd on L, hitch R knee up  
(option: scoot/hop slightly fwd)

## CROSS ROCK-RECOVER, RIGHT CHASSE, CROSS ROCK-RECOVER, LEFT CHASSE

1, 2      Rock R across L, recover weight on L  
3&4      Step R to side, step L next to R, step R to side  
5, 6      Rock L across R, recover weight on R  
7&8      Step L to side, step R next to L, step L to side

## V-STEP, ¼ TURN V-STEP

1, 2      Step R diagonal fwd, step L diagonal fwd  
3, 4      Step R back to centre, step L next to R  
5, 6      Turn ¼ left stepping R diagonal fwd (9:00), step L diagonal fwd  
7, 8      Step R back to centre, step L next to R

## CROSS, SIDE, RIGHT SAILOR, LEFT SAILOR, FWD ROCK-RECOVER

1, 2      Step R over L, step L side  
3&4      Swing R behind L, step L to side, step R to side  
5&6      Swing L behind R, step R to side, step L to side  
7, 8      Rock fwd on R, recover weight on L

\* ENDING: after 8 counts, turn ¼ left stepping R to side, to face the front

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