

# Sail 4 Ever

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Shanthie De Mel (AUS) - July 2024  
音乐: Island - Eddy Raven



**Intro: Begin on lyrics. Rotation left. No Tags or Restarts. Do your own styling with a rocking motion.**

**[1-8] SIDE. TOGETHER. SHUFFLE FORWARD. x2**

1, 2            Step R to right side. Step L together.  
3&4            Shuffle forward R-L-R.  
5, 6            Step L to left side. Step R together.  
7, 8            Shuffle forward L-R-L. (12:00)

**[9-16] ROCKING CHAIR RIGHT. x2**

1, 2            Rock R forward. Recover on L in place.  
3, 4            Rock R back. Recover on L in place.  
5, 6            Rock R forward. Recover on L in place.  
7, 8            Rock R back. Recover on L in place. (12:00)

**Optional: Do rainbow arms.**

**[17-24] TAP. BEHIND. SIDE. CROSS. x2**

1, 2            Tap R to right side. Cross R behind L.  
3, 4            Step L to left side. Cross R over L.  
5, 6            Tap L to left side. Cross L behind R.  
7, 8            Step R to right side. Cross L over R. (12:00)

**[25-32] SAILOR RIGHT. HOLD. TURNING 1/4 LEFT SAILOR LEFT. HOLD.**

1, 2            Step R behind L. Step L to left side  
3, 4            Step R to right side. Hold.  
5, 6            Turning 1/4 left step L behind R. Step R to right side. (9:00)  
7, 8            Step L to left side. Hold. (9:00)

**Begin sequence again. Smile. Have fun!**

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