Sail 4 Ever

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!