

# Sailing

拍数: 32      墙数: 4      级数: Improver nightclub  
编舞者: Jo Kinser (UK) & John Kinser (UK)  
音乐: Sailing - Rod Stewart



## SIDE ROCK STEP FORWARD, STEP TURN STEP, STEP LOCK STEP, ROCK STEP BACK

1-2&      Step left side left, rock right behind left, recover weight left (basic night club step)  
3-4&5      Step right forward, step left forward, make ½ turn right (weight right), step left forward  
6&7      Step right forward, lock left behind right, step right forward

**Intermediate: full turn left - make ½ turn left step back right, make ½ turn left step forward left, step forward right**

8&1      Rock forward left, replace weight right, step left back

## SWEEP SWEEP SWEEP & CROSS, ROCK STEP CROSS, TURN TURN CROSS

2-3      Sweep right around and step back, sweep left around and step back  
4&5      Sweep right around and step behind left, step left side left, step right over left  
6&7      Rock left side left, replace weight right, step left over right  
8&1      Make ¼ turn left stepping right back, make ¼ turn left stepping left side left, step right over left

## TURN TURN FORWARD, ROCK TURN STEP, ROCK TURN STEP, 1-¼ TURN

2&3      Make ¼ turn right stepping left back, make ¼ turn right stepping right side right, step left forward  
4&5      Rock right forward, replace weight left, make ½ turn right stepping right forward  
6&7      Rock left forward, replace weight right, make ½ turn left stepping left forward  
8&1      Make ½ turn left stepping right back, make ½ turn left stepping left forward, make ¼ turn left stepping right side right

**Beginner: walk forward right, left, ¼ turn left step right side right**

## ROCK STEP SIDE, ROCK STEP SIDE, SWAY, SWAY, ROCK STEP

2&3      Rock left behind right, replace weight right, step left side left (basic night club step)  
4&5      Rock right behind left, replace weight left, step right side right (basic night club step)  
6-7      Transfer weight left (sway), transfer weight right (sway)  
8&      Rock left behind right, replace weight right

## REPEAT

## TAG

**After 4th wall there are 2 counts before the 5th wall**

1-2      Step left side left (sway), transfer weight right (sway)