

# Hello Sailor

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Laura Austin (USA)  
音乐: Midnight Hour/Knock On Wood - Scooter Lee



## POINT STEPS X 4 WITH HAND MOTIONS

- 1-2      Point right forward, step right (right arm up, left arm across body waist high)
- 3-4      Bending upper body forward, point left forward, step left (right arm down across left knee, left arm back, pointing down)
- 5-8      Repeat 1-4

## RIGHT GRAPEVINE, LEFT GRAPEVINE

- 1-4      Right grapevine (right, left, right, left stomp (no weight))
- 5-8      Left grapevine (left, right, left, right stomp (no weight))

For more advanced dancers variation for those 8 counts

## REVERSE WEAVES, ROCK

- 1-2      Step right to right side, step left behind
- &3      Step quickly on right ball of foot, cross left over right taking weight
- 4      Rock right to right side
- 5-6      Step left to left side, step right behind
- &7      Step quickly on left ball of foot, cross right over left taking weight
- 8      Rock left to left side

## SAILOR SHUFFLES WITH MODIFIED LEFT GRAPE VINE

- 1&2      Right sailor shuffle (right, left, right)
- 3&4      Left sailor shuffle (left, right, left)
- 5-6      Step right behind, step left to left side
- 7&8      Right sailor shuffle (right, left, right)

## SAILOR SHUFFLES WITH MODIFIED RIGHT GRAPE VINE

- 1&2      Left sailor shuffle (left, right, left)
- 3&4      Right sailor shuffle (right, left, right)
- 5-6      Step left behind, step right to right side
- 7&8      Left sailor shuffle (left, right, left)

## TRIPLE ROLL TO RIGHT, TRIPLE TWICE, ROCK, RECOVER

- 1&2      Triple step turning  $\frac{1}{4}$  to right (right, left, right)
- 3&4      Moving forward left triple step (left, right, left)
- 5&6      Moving forward right triple step (right, left, right)
- 7-8      Rock forward left, recover right (right arm up, left arm forward waist high)

For more advanced dancers variation for 3-6:

- 3&4      Triple step turning  $\frac{1}{2}$  to right (left, right, left)
- 5&6      Triple step turning  $\frac{1}{2}$  to right (right, left, right)

## TRIPLE ROLL TO LEFT, TRIPLE TWICE, RIGHT KICK BALL CHANGE

- 1&2      Triple step turning  $\frac{1}{2}$  to left (left, right, left)
- 3&4      Moving forward right triple step (right, left, right)
- 5&6      Moving forward left triple step (left, right, left)
- 7&8      Right kick ball change

For more advanced dancers variation of 3-6

- 3&4      Triple step turning  $\frac{1}{2}$  to left (right, left, right)
- 5&6      Triple step turning  $\frac{1}{2}$  to left (left, right, left)

REPEAT

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