

If You Were A Sailboat

COPPERKNOB
BY STEPHENETS

拍数: 36 墙数: 4 级数: Intermediate
编舞者: Graham Smith & Georgina Smith (UK) - October 2007
音乐: If You Were a Sailboat - Katie Melua : (Album: Pictures)



Intro: 16 counts.

WALK, WALK, SHUFFLE 1/2 TURN LEFT, ROCK, ROCK, SHUFFLE.

1-2 Walk right left
3&4 Shuffle 1/2 turn left on right, left, right
5-6 Rock back on Left, step forward on right
7&8 Shuffle forward on left, right, left

CROSS, 1/4 TURN, 1/4 TURN, RECOVER, TOUCH, KICK RIGHT, SHUFFLE 1/2 TURN RIGHT

1-2 Cross right over left, turn 1/4 right stepping on left
3-4 Turn 1/4 right, stepping on right, recover on left.

Restart here on 5th wall.

5-6 Touch right toe forward with left knee bent kick right
7&8 Make 1/2 shuffle turn with right, left right

TOUCH, KICK, SHUFFLE 1/4 TURN LEFT, SIDE ROCK, BEHIND SIDE CROSS

1-2 Touch left toe forward with right knee bent kick left
3&4 Make 1/4 shuffle turn with left, right, left
5-6 Rock right to side, recover on left
7&8 Cross right behind, step on left, cross right over left

SIDE TOGETHER, CROSS SIDE ROCK, BACK PIVOT TURN, SHUFFLE TURN

1&2 Step left to left, right together, cross left over right
3-4 Rock right to side, recover on left
5-6 Pivot 1/2 turn right stepping back on right
7&8 Shuffle 1/2 turn right stepping left, right, left

BACK ROCK, FORWARD ROCK, STEP, STEP, HOLD

1-2 Rock back on right, rock forward and recover on left
3&4 Step forward right, left, hold

Begin again.

TAG. End of 3rd wall, 4 count tag after hold, do 4x 1/4 turns left stepping right, left, right, left start again

RESTART..Wall 6, Dance first 12 steps and restart

The dance ends changing counts 15&16 to 1/4 right shuffle turn, step forward on left to face front

Have Fun !