

Sail Away

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 0 级数: Intermediate
编舞者: Sharon "Sharooni" Lamb (USA) & Kentucky Mary (USA) - March 2014
音乐: Orinoco Flow - Celtic Woman



KICK BALL CHANGE TWICE STEP FORWARD POINT STEP BACK POINT

1&2 Kick right foot forward step on left ball, step right foot next to left
3&4 Repeat 1&2
5-8 Step forward right, point left, step back left, point right.

RIGHT SAILOR LEFT SAILOR POINT RIGHT LEFT TOUCH TOE RIGHT HOLD

1&2 Right behind left, left beside right, right to the right of left
3&4 Left behind right, right beside left, left to the left of right
5&6& Point right toe forward, step beside left point left toe forward, step left foot beside right
7-8 Touch right toe next to left instep and hold

SHUFFLE TURNING ONE HALF SHUFFLE FORWARD POINT RIGHT LEFT TOUCH TOE RIGHT HOLD

1&2 Shuffle right left right turning right one half
3&4 Shuffle forward left right left
5&6& Point right toe forward, step beside left point left toe forward, step left foot beside right
7-8 Touch right toe next to left instep and hold

ROCK RIGHT BEHIND SIDE CROSS LEFT ROCK BEHIND SIDE CROSS

1-2 Rock right to side, recover left
3&4 Step right behind left, left to side, cross right over left
5-6 Rock left to side recover right
7&8 Step left behind right, right to side, cross left over right

On Wall 2 repeat the first 8 counts

On wall 5, dance the first 8 counts and do the following during the slowed down section. This should all flow one move into the next

[1-8] With knees slightly bent and feet evenly apart, raise hands slowly up with fingers pointing down, palms toward body. When you are above your head, , turn palms outward, fingers up and then bring hands back down to center of body.

[9-16] (You will know the count if you hear the music swelling as you begin this move) Step out to the right side putting weight over right knee and right knee bent (a lunge), extending left leg. While doing this, turn palms up and extend right arm from body sweeping to the right. The left arm is across chest with palm up. Keeping left arm in same position, raise right arm up and over head, while bringing body position back to center. Cup both hands and position right hand over left hand forming an open ball shape.

[17-18] Step forward right then left next to right. While doing this, Bring hands from the ball to center and together and extend arms up and into a V (there will be a jingle of bells during this move)

Restart the dance and continue to the end.

Contact: sharooni71@hotmail.com