

Sail Over Seven Seas

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nina Chen (TW) - April 2014
音乐: Sail Over Seven Seas - Gina T.



Start: 36 count intro

S1. SLIDE FORWARD DIAGONAL. SHUFFLE FORWARD. FORWARD RECOVER. TURN 1/2 TRIPLE.

1-2 Slide RF diagonally forward. Slide LF diagonally forward.
3&4 Shuffle forward (RLR).
5-6 Step LF forward. Recover onto RF.
7&8 Turn ½ L (6:00) in triple steps (LRL).

S2. CROSS STEP POINT. JAZZ BOX.

1-2-3-4 Cross step RF over LF. Point LF to L. Cross step LF over RF. Point RF to R.
5-6-7-8 Cross step RF over LF. Step LF backward. Step RF to R of LF. Step LF forward.

S3. ROCK FORWARD RECOVER. BACKWARD SHUFFLE. ROCK BACKWARD RECOVER. TURN 1/2 TRIPLE.

1-2 Rock RF forward. Recover onto LF.
3&4 Shuffle backward (RLR).
5-6 Rock LF backward. Recover onto RF.
7&8 Turn ½ R (12:00) in triple steps (LRL).

S4. COASTER STEP. SHUFFLE. ROCKING CHAIR.

1&2 Step RF backward, step LF beside RF, step RF forward
3&4 Shuffle forward (LRL).
5-6 Rock RF forward. Recover onto LF.
7-8 Turn ¼ R (3:00) while rock RF backward. Recover onto LF.

Restart: After S2 of the 5th wall (6:00), Restart from S1. Count this S1 as the start of the 6th wall.

Tags: 4 counts (Sway R. Sway L. Sway R. Sway L.), after the second wall (6:00), and also after the seventh wall (12:00).

As the music will taper off and end after the first 4 counts of S3 of the 10th wall (12:00).

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com