

# Sail Over Seven Seas (航向七海) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Nina Chen (TW) - 2014年04月  
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).  
1-2                      右足前右斜滑步 左足前左斜滑步。  
3&4                      前進交換步(右左右)。  
5-6                      左足前踏 重心回右足。  
7&8                      向左轉½ (6:00) 小三步(左右左)。

## 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.  
1-2-3-4                      右足於左足前交叉踏. 左足左點. 左足於右足前交叉踏. 右足右點。  
5-6-7-8                      右足於左足前交叉踏, 左足後踏, 右足在左足右側踏, 左足前踏。

## 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).  
1-2                      右足前下沉步 重心回左足。  
3&4                      後退交換步(右左右)。  
5-6                      左足後下沉步 重心回右足。  
7&8                      向右轉½ (12:00) 小三步(左右左)。

## 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.  
1&2                      右足後踏, 左足併踏, 右足前踏。  
3&4                      前進交換步(左右左)。  
5-6                      右足前下沉步 重心回左足。  
7-8                      向右轉¼ 右足後下沉步 重心回左足。

Restart: After S2 of the 5th wall (6:00), Restart from S1. Count this S1 as the start of the 6th wall.  
重新開始: 在第五面牆 S2結束後(6:00), 從S1重新開始跳. 將此S1算做第六面牆的開始。

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).

加拍: 跳完第二面牆後(6:00), 及跳完第七面牆後(12:00), 各加跳四拍(右擺臀 左擺臀 右擺臀 左擺臀)。

As the music will taper off and end after the first 4 counts of S3 of the 10th wall (12:00).  
音樂在做完第十面牆S3前4拍後(12:00)會變小聲並結束。

Have Fun & Happy Dancing!  
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