

Sailor Dance

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gudrun Schneider (DE) - August 2014
音樂: Sailor Dance - Banaroo



The Dance starts with vocals after the instrumental part

OUT-OUT, IN-IN, JAZZ BOX WITH CROSS

1-2 Step right diagonal forward –step left to left side
3-4 Step right back, step left beside right
5-6 Cross right over left – step left back
7-8 Step right to right side, cross left over right

KICK-BALL-CROSS, SIDE ROCK, SAILOR STEP, SAILOR STEP TURNING ¼ L

1&2 Kick right diagonal to right side – step right beside left – cross left over right
3-4 Step right to right side – recover on left
5&6 Cross right behind left – step left to left side – step right to right side
7&8 Cross left behind right - ¼ turn left, step right beside left – step left forward (9:00)

SHUFFLE FORWARD (R-L-R), STEP- ½ TURN, ROCK STEP, COASTER STEP

1&2 Step right forward, step left beside right, step right forward
3-4 Step left forward, ½ turn right (3:00)
5-6 Step left forward – recover on right
7&8 Step left back – step right beside left – step left forward

STEP, ¼ TURN L, SHUFFLE ACROSS, SIDE ROCK, SAILOR STEP TURNING ¼ L

1-2 Step right forward, ¼ turn left (12:00)
3&4 Cross right over left – step left to left side – cross right over left
5-6 Step left to left side – recover on right
7&8 Cross left behind right - ¼ turn left, step right beside left – step left forward (9:00)

TAG after 1st and 5th rounds (9:00)

STEP ½ TURN 2X

1-2 Step right forward, ½ turn left
3-4 Step right forward, ½ turn left

AHOI – HAVE FUN - SMILE