

Sail Away

COPPERKNOB
BY STEPHEN

拍數: 36 牆數: 4 級數: Improver
編舞者: Ron Tate (UK) - March 2017
音樂: Sail Away - Status Quo : (CD: Thirsty Work - Amazon and iTunes)



Count in: Dance starts on vocals Sail "Away" (approx 10 seconds in)
Tags & Restarts: □ 1 Tag/Restart (Wall 6) + 3 other Restarts (Walls 3, 5, and 8)

S1: Side Touch (x2), Half Rumba Forward, Side Touch (x2), Half Rumba Back

1 & STEP (R) to SIDE, TOUCH (L) next to (R)
2 & STEP (L) to SIDE, TOUCH (R) next to (L)
3 & 4 STEP (R) to SIDE, STEP (L) next to (R), STEP FORWARD (R)
5 & STEP (L) to SIDE, TOUCH (R) next to (L)
6 & STEP (R) to SIDE, TOUCH (L) next to (R)
7 & 8 STEP (L) to SIDE, STEP (R) next to (L), STEP BACK (L)

S2: Mambo ½ Turn, Shuffle ½ Turn, Mambo, Back Locking Shuffle

1 & 2 ROCK BACK (R), ROCK FORWARD (L), Make ½ TURN (L) stepping BACK (R) 6 o'clock
3 & 4 SHUFFLE ½ TURN (L) stepping (L R L) □ 12 o'clock
5 & 6 ROCK FORWARD (R), ROCK BACK (L), STEP BACK (R)
7 & 8 STEP BACK (L), LOCK (R) ACROSS (L), STEP BACK (L)

S3: Sweep/Step Back (x2), Coaster, Step, Turn, Cross, Turn, Turn, Cross

1 - 2 SWEEP/STEP (R) BEHIND (L), SWEEP/STEP (L) BEHIND (R)
3 & 4 STEP BACK (R), STEP (L) next to (R), STEP FORWARD (R)
5 & 6 STEP FORWARD (L), Make a ¼ TURN (R), CROSS (L) over (R) □ 3 o'clock
7 & 8 (x2) ¼ TURNS (L), CROSS (R) over (L) 9 o'clock

S4: Side Rocks into Syncopated Weave, Side Rocks into Syncopated Weave + Touch

1 & 2 SIDE ROCK (L), SIDE ROCK (R), CROSS (L) over (R)
& 3 & 4 STEP (R) to SIDE, CROSS (L) behind (R), STEP (R) to SIDE, CROSS (L) over (R)
5 & 6 SIDE ROCK (R), SIDE ROCK (L), CROSS (R) over (L)
& 7 & 8 STEP (L) to SIDE, CROSS (R) behind (L), STEP (L) to SIDE, TOUCH (R) next to (L)

NB: Restart the dance at this point for:-

Wall 3 (facing 3 o'clock),

Wall 5 (facing 9 o'clock)

Wall 6 (facing 6 o'clock after the TAG) and

Wall 8 (facing 12 o'clock)

S5: Cross Mambo (x2)

1 & 2 CROSS ROCK (R) over (L), ROCK BACK (L), STEP (R) to SIDE
3 & 4 CROSS ROCK (L) over (R), ROCK BACK (R), STEP (L) to SIDE

REPEAT STEPS

TAG: □ The TAG is danced once only at the end of Wall 6 (facing 6 o'clock) then restart the dance

1 - 2 STEP (R) to SIDE and SWAY HIPS to the (R) STEP (L) to SIDE and SWAY HIPS to the (L)

Choreographers Note: □ Don't be put off by the Restarts. The full dance is quite straightforward. When it comes to the Restarts, it's just a case of dropping the Cross Mambo's (last 4 counts)

The dance can also be treated as an "A/B" phrased dance i.e.

Walls 1, 2, 4 & 7 □ □ (Part A) full 36 counts

Walls 3, 5, 6 + Tag & 8 □ □ (Part B) 32 counts only (just drop the Cross Mambo's)

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