

Sigling / Sailing

拍數: 64 牆數: 2 級數: Improver Rhumba
編舞者: Oli Geir (ICE) & Hugrun (ICE) - March 2019
音樂: Siglt Í Norður - Grétar Örvarsson : (CD: Ellefu Dægurlög - Spotify)



Intro: 32 Counts Start on Vocals

PS. This music is originally „Jamaica Farwell“ by; Harry Belafonte

S1. Forward Rock, Step Back, Hold. Coaster Step, Hold.

1-4 Rock forward on L, recover onto R. Step back on L, Hold.
5-8 Step back on R, Step L beside R. Step forward on L, Hold.

S2. Step Lock Step, Hold. Step Pivot Full Turn L, Step, Sweep.

1-4 Step forward on L, Lock step R behind L. Step forward on L, Hold.
5-8 Step forward on R, Pivot ½ turn left. Turn ½ turn left stepping back on R, Sweep L.

S3. Sweep Step Behind, Side, Cross, Hold. R Scissors Step, Hold.

1-4 Sweep step L behind right, Step R to right side, Step L across R, Hold.
5-8 Step R to right side, Step L beside R. Step R across L, Hold.

S4. L Scissors Step, Hold. Vine ¼ Turn R, Hold.

1-4 Step L to left side. Step R beside L, Step L across R, Hold.
5-8 Step R to right side. Step L behind R. Turn ¼ turn R stepping forward on , Hold. (3.00)

S5. Step Pivot ½ Turn R, Step, Hold. Walk Forward R, L, R (Or Full Turn L), Hold.

1-4 Step forward on L, Pivot ½ turn R, Step forward on L, Hold. (9.00)
5-8 Walk forward on R, Walk forward on L, Walk forward on R, Hold.

Option: Full turn left, stepping R, L, R.

S6. Forward Rock, Step Back, Hold. Walk Back R, L, R, Flick Across.

1-4 Rock forward on L, Recover onto R, Step back on L, Hold.
5-8 Walk back on R, Walk back on L, Walk back on R, Low flick L across R.

S7. Step Side, Cross, Side, Flick Across. Step Side, Cross, Step ¼ Turn L. Point.

1-4 Step L to left side, Step R across L, Step L to left side. Low flick R across L.
5-8 Step R to right side, Step L across R, Step R to right side, Turn ¼ turn L weight on R (6.00)

S8. Back Rock, Step Forward, Hold. Forward Rock, Step, Hold.

1-4 Rock back on L, Recover onto R, Step forward on L, Hold.
5-8 Rock forward on R. Recover onto L, Step R next to L. Hold.

Start Again, Be Happy & Smile

Tag at the end of wall 3 facing (6.00)

1-4 Rock L out to left side, Recover onto R, Touch L beside R, Hold.