

# Sail On

拍數: 32      牆數: 2      級數: Improver  
編舞者: Hayley Goy (UK) & Michael Lynn (UK) - May 2019  
音樂: Sail On - Bucky Covington



(16 count intro, 68 bpm)

Music Available on iTunes, Amazon Music, 7Digital, Spotify etc.

## BASIC NIGHTCLUB, 1/2 HINGE TURN RIGHT CROSS, BASIC NIGHTCLUB, 1/4 TURN-SWEEP, CROSS BACK

1-2&      Step right to right side, cross rock left behind right, recover right,  
3-4&      Step the left back as you 1/4 turn right, step right 1/4 turn right, cross left over right, (06:00)  
5-6&      Step right to right side, cross rock left behind right, recover right,  
7-8&      Step forward left as you 1/4 turn left sweeping right from back to front crossing right over left,  
step back left (03:00)

## BACK ROCK RECOVER, 1/2 TURN LEFT, BACK LOCKSTEP, FULL RUMBA BOX, ROCK 1/4 TURN LEFT

1-2&      Rock back right, recover left, make a 1/2 turn left as you step back right, (09:00)  
3&4      Step back left, lock right across left, step back left,  
5&6      Step right to right side, close left beside right, step forward right,  
7&8      Step left to left side (in line with right foot), close right beside left, rock back left as you 1/4  
left. (06:00)

RESTART: On wall 3 dance upto count 16 and restart the dance.

## RECOVER 1/4 TURN RIGHT, SWEEP, WEAWE, SWEEP, BEHIND-SIDE, CROSS ROCK RECOVERx2

1      Recover onto right as you 1/4 turn right sweeping the left from back to cross in front, (09:00)  
2&3      Cross left over right, step right to right side, cross left behind right as you sweep right front to  
back,  
4&      Cross right behind left, step left to left side,  
5-6&      Cross rock right over left, recover left, step right to right side,  
7-8&      Cross rock left over right, recover right, step left to left side.

RESTART: Wall 6 dance upto count 8, change the & count by stepping forward 1/4 turn left as you touch right  
beside left.

## CROSS, SCISSOR 1/4 TURN RIGHT, 1/4 TURN LEFT-BEHIND-1/4 TURN RIGHT, MAMBO-1/2 TURN, 2 RUNS

1      Cross right over left,  
2&3      Step left to left side, step right beside left, 1/4 turn right stepping left forward, (12:00)  
4&5      1/4 turn left as you step right to right side (09:00), cross left behind right, step right 1/4 turn  
right, (12:00)  
6&7      Rock forward left, recover right, 1/2 turn left as you step forward left, (06:00)  
8&      Run right, run left.

OPTION: 8& you can replace with a full turn by 1/2 turn left stepping back right (12:00), 1/2 turn left stepping  
forward left (06:00)

RESTARTS: -

Wall 3 Dance upto count 16 and restart the dance again on the back wall.

Wall 6 Dance upto count 24 change the & count to a 1/4 turn left as you touch right beside left. Restart  
dance facing front wall.

Last Update - 31 May 2019