

# Sailing

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Lu Olsen (AUS) - July 2021  
音樂: Sailing - Rod Stewart : (iTunes)



Start on Vocals on word 'Sailing'

[1-8] Side, Behind, Side, Cross, Side, Recover, Cross, Side, Behind, Side, Cross, Side, ¼ Fwd, Fwd

1, 2 &      Step R to Right/drag L, Step L behind R, Step R to Right, 12.00  
3 & 4 &      Cross L over R, Step R to Right, Recover onto L, Cross R over L  
5, 6 &      Step L to Left/drag R, Step R behind L, Step L to Left,  
7 & 8 &      Cross R over L, Step L to Left, ¼ Right turn & step R fwd, Step L fwd 3.00

[9-16] Sweep fwd, Sweep fwd, Fwd Coaster, Tog, Fwd, ½ pivot, Full R turn fwd

1, 2,      Sweep/step R fwd, Sweep/step L fwd 3.00  
3 & 4 &      Step R fwd, Step L beside R, Step R back, Step L beside R  
5, 6      Step R fwd, Slow ½ Left pivot turn (wght on L) 9.00  
7 & 8 &      Full Right turn fwd stepping R,L,R,L 9.00

[17-24] Fwd, Recover, ¼ Fwd, Fwd, Recover, ½ fwd, Fwd, ¼ Side, Cross, Side, Behind, Behind, Side

1, 2 &      \*\* Step R fwd, Recover onto L, ¼ Right turn & step R fwd \*\* 12.00  
3, 4 &      Step L fwd, Recover onto R, ½ Left turn & step L fwd 6.00  
5 & 6 &      Step R fwd, ¼ Left turn(wght on L), Cross R over L, Step L to Left, 3.00  
7, 8 &      Step R behind L/sweep L, Step L behind R, Step R to Right 3.00

[25 - 32] Cross, ½ turn/side, Cross, ½ turn/side, Tog, Side, Side, Behind, Side, Fwd, Fwd

1 & 2      Cross L over R, ¼ left turn & step R back, ¼ left turn & step L to Left 9.00  
3 & 4      Cross R over L, ¼ Right turn & step L back, ¼ Right turn & step R to Right 3.00  
& 5, 6      Step L beside R, Rock R to Right, Rock L to Left, 3.00  
7 & 8 &      Sweep/step R behind L, Step L to left, Step R fwd, Step L fwd, 3.00

Tag: At end of Wall 4 (12.00) add 2 counts:

1, 2,      Step/sway Right , Sway Left

Last wall dance to count 18& \*\* to finish to 12.00 add 3, 4 Step L fwd, Drag R to LF

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