

Sailor Stepping

拍數: 32 牆數: 4 級數: High Beginner
編舞者: S.M. Fulton (USA) - February 2023
音樂: Cowboy Up - Vince Gill
或: Gold - Dierks Bentley
或: Wild Child - The Black Keys



#32-count intro

More music options:-

Gold by Dierks Bentley -16-count intro (restart and tag)

Wild Child by The Black Keys – 32-count intro

and many others

Section 1: Cross side sailor step x 2

1 2 3&4 Right cross over L, step L side, sailor step (R behind, L side, R side)

5 6 7&8 Left cross over R, R side, sailor step*

OPTION: Make this a quarter sailor step (turning L); the dance becomes 2 walls

Section 2: Pivot-half, shuffle, pivot-half, shuffle

1 2 3&4 R step forward, pivot-half, shuffle forward[6:00]

5 6 7&8 L step forward, pivot-half, shuffle forward [12:00]

RESTART WALL 3 for “Gold”

Section 3: Side behind, chasse, cross-rock chasse quarter

1 2 3&4 Step R to side, step L behind, chasse to the right

5 6 7&8 Left cross over R, recover, chasse quarter [9:00]

Section 4: Point forward-side, sailor x 2

1 2 3&4 Point R forward then to right side, sailor step

5 6 7&8 Point L forward then side, sailor step

NOTE: This dance is for teaching the sailor step to beginners with some experience.

The Cowboy Up music is slow, so it allows time for movement during the sailor steps; once the dancers are comfortable with the sailor step, you can add the quarter turn in the first set if desired.

Gold by Dierks Bentley is faster music. It requires a restart after 16 counts on wall 3 and a 4-count rocking chair tag (lyrics: “1-2-3-4”) at the end of wall 9. Wall 9 starts at 3:00 and the tag is at 12:00. Then the last wall starts; you dance through the first 16 counts to end naturally at the front.

Wild Child is of moderate pacing.
