

Sail Away

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Audrey Watson (SCO)
音樂: Sail Away - Status Quo



RIGHT HEEL STRUT BACK ROCK, LEFT HEEL STRUT BACK ROCK

- 1-2 Touch right heel to right/side, drop right toe to floor
- 3-4 Rock left back behind right, recover forward on right
- 5-6 Touch left heel to left/side, drop left toe to floor
- 7-8 Rock right back behind left, recover forward on left

STEP PIVOT ½ TURN STEP HOLD, FULL TURN, STEP HOLD

- 1-2 Step forward on right, pivot ½ turn left
- 3-4 Step forward on right, hold for a beat
- 5-6 Turn ½ right stepping back on left, turn ½ right stepping forward on right (alt: walk forward left, right)
- 7-8 Step forward on left, hold for a beat

HEEL HOLD, TOE HOLD, CROSS ¼ TURN, ¼ TURN SCUFF

- 1-2 Touch right heel forward, hold for a beat
- 3-4 Touch toe back, hold for a beat
- 5-6 Cross right over left, turn ¼ right stepping back on left
- 7-8 Turn ¼ right stepping forward on right, scuff left forward

¼ TURN STRUT, ¼ TURN STRUT, FULL TURN ON THE SPOT

- 1-2 Turn ¼ right stepping left toe to left/side, drop left heel to floor
- 3-4 Turn ¼ right stepping right toe to right/side, drop right heel to floor
- 5-8 Make a full turn right on the spot stepping left, right, left, right

LEFT HEEL STRUT, BACK ROCK, RIGHT HEEL STRUT, BACK ROCK

- 1-2 Touch left heel to left/side, drop left toe to floor
- 3-4 Rock right back behind left, rock forward on right
- 5-6 Touch right heel to right/side, drop right toe to floor
- 7-8 Rock left back behind right, recover forward on right

FORWARD, ROCK ¼ TURN HOLD, COASTER STEP HOLD

- 1-2 Rock forward on left, recover back on right
- 3-4 Turn ¼ left stepping left to left/side, hold for a beat
- 5-6 Step back on right, step left next right
- 7-8 Step forward on right, hold for a beat

STOMP, STOMP, HEEL SPLITS, HEEL HOOK, HEEL, FLICK

- 1-2 Stomp forward on left, stomp right next left
- 3-4 Split heels apart, return heels to center
- 5-6 Touch right heel forward, hook foot to left knee
- 7-8 Touch right heel forward, flick right foot to right side

STRUTTING FULL TURN

- 1-2 Turn ¼ left stepping right toe back, drop heel to floor
- 3-4 Turn ¼ left stepping left heel to forward, drop toe to floor
- 5-6 Turn ¼ left stepping right toe back, drop heel to floor

7-8 Turn ¼ left stepping left heel to left/side, drop toe to floor

REPEAT

TAG

To be added at the end of walls 1, 2, 4, and 7 when dancing to "Sail Away" by Status Quo. (This is the same as the first 8 counts of the dance)

RIGHT HEEL STRUT BACK ROCK, LEFT HEEL STRUT BACK ROCK

1-2 Touch right heel to right/side, drop right toe to floor

3-4 Rock left back behind right, recover forward on right

5-6 Touch left heel to left/side, drop left toe to floor

7-8 Rock right back behind left, recover forward on left

At the end of wall 6 there is a break in the music. Just hold, then sway right, sway left when they sing Sail Away
