

Sail My Vessel

COPPER KNOB
STEPSHEETS

拍數: 68 牆數: 4 級數: Improver
編舞者: Judith Campbell (NZ)
音樂: The River - Garth Brooks



Intro: this is a long intro, wait for the vocals and start on the word "dream"

SIDE TOGETHER CROSS, HOLD - SIDE TOGETHER CROSS (SCISSORS), HOLD

- 1-4 Step right foot to right side, close left foot next to right, step right foot across in front of left, hold
- 5-8 Step left foot to left side, close right foot next to left, step left foot across in front of right, hold (12:00)

STEP LOCK STEP HOLD, ¼ TURN RIGHT, ¼ TURN RIGHT, STEP CROSS, HOLD

- 1-4 Step right foot forward on right diagonal, lock left foot behind right, step forward on diagonal right, hold

Body stays facing the front on this lock step

- 5-8 Turning ¼ to right, step back on left foot, turning ¼ to right - step right to right side, step left across right, hold (6:00)
- 17-32 Repeat all the above - finish facing 12:00

SWAY, HOLD, SWAY, HOLD, BEHIND SIDE FRONT, HOLD

- 1-4 Sway /rock to right side, hold, sway /rock to left side, hold
- 5-8 Step right behind left, step left to left, step/cross right in front of left, hold (12:00)

SIDE TOGETHER FORWARD, HOLD, ROCK RECOVER, ½ TURN RIGHT, STEP FORWARD HOLD

- 1-4 Step left to left side, close right next to left, step forward onto left foot, hold
- 5-8 Rock forward onto right, recover onto left turning ½ to right, step forward on right foot, hold (6:00)

FULL TURN RIGHT, FULL TURN RIGHT, (OPTIONAL, 4 QUICK WALKS FORWARD)

- 1-2 Step forward on left ball of foot turning ½ to right, turning ½ to right stepping forward on right foot
- 3-4 Step forward on left ball of foot turning ½ to right, turning ½ to right stepping forward on right foot

This double turn is done moving forward

Option for roll: do 4 walks forward, left-right-left-right

ROCK FORWARD, HOLD, BACK TOGETHER

- 5-8 Rock/step forward on left, hold, step back on right, close left next to right

BACK ROCK, HOLD, FORWARD ¼ TURN LEFT, TOGETHER

- 1-2 Rock/step back on right, (leaving left heel on floor, lifting toes off the floor) hold
- 3-4 Recover forward onto left, turning ¼ to left closing right next to left

BACK ROCK, HOLD - TOGETHER

- 5-6 Rock/step back on left, (leaving right heel on floor, lifting toes off the floor) hold
- 7-8 Recover forward onto right, closing left next to right

TOUCH, HOLD, ½ TURN RIGHT CLOSE, HOLD

- 1-4 Touch right foot out to right side, hold, turning ½ to right bringing right foot in next to left, hold

REPEAT

TAG

At the end of 2nd wall add

SWAY, HOLD, 4 TIMES

1-4 Right-left-right-left

RESTART

5th wall you will be facing the front. Dance through to the end of sways right, left (counts 1-36). Then restart the dance from the beginning
