

Sailing

拍數: 32 牆數: 4 級數: Improver nightclub
編舞者: Jo Kinser (UK) & John Kinser (UK)
音樂: Sailing - Rod Stewart



SIDE ROCK STEP FORWARD, STEP TURN STEP, STEP LOCK STEP, ROCK STEP BACK

1-2& Step left side left, rock right behind left, recover weight left (basic night club step)
3-4&5 Step right forward, step left forward, make ½ turn right (weight right), step left forward
6&7 Step right forward, lock left behind right, step right forward

Intermediate: full turn left - make ½ turn left step back right, make ½ turn left step forward left, step forward right

8&1 Rock forward left, replace weight right, step left back

SWEEP SWEEP SWEEP & CROSS, ROCK STEP CROSS, TURN TURN CROSS

2-3 Sweep right around and step back, sweep left around and step back
4&5 Sweep right around and step behind left, step left side left, step right over left
6&7 Rock left side left, replace weight right, step left over right
8&1 Make ¼ turn left stepping right back, make ¼ turn left stepping left side left, step right over left

TURN TURN FORWARD, ROCK TURN STEP, ROCK TURN STEP, 1-¼ TURN

2&3 Make ¼ turn right stepping left back, make ¼ turn right stepping right side right, step left forward
4&5 Rock right forward, replace weight left, make ½ turn right stepping right forward
6&7 Rock left forward, replace weight right, make ½ turn left stepping left forward
8&1 Make ½ turn left stepping right back, make ½ turn left stepping left forward, make ¼ turn left stepping right side right

Beginner: walk forward right, left, ¼ turn left step right side right

ROCK STEP SIDE, ROCK STEP SIDE, SWAY, SWAY, ROCK STEP

2&3 Rock left behind right, replace weight right, step left side left (basic night club step)
4&5 Rock right behind left, replace weight left, step right side right (basic night club step)
6-7 Transfer weight left (sway), transfer weight right (sway)
8& Rock left behind right, replace weight right

REPEAT

TAG

After 4th wall there are 2 counts before the 5th wall

1-2 Step left side left (sway), transfer weight right (sway)