

Sailor Way

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: The Leaving Of Liverpool - Dave Sheriff



SYNCOPATED ROCK STEPS X 4

1&2 Cross rock right foot over left, recover weight onto ball of left foot, rock forward on right
3&4 Cross rock left foot over right, recover weight onto ball of right foot, rock forward on left
5-8 Repeat steps 1-4

RIGHT SHUFFLE FORWARD, STEP PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

9&10 Step right foot forward, close left to right, step right forward
11-12 Step left foot forward, pivot half turn right
13&14 Step left foot forward, close right to left, step left forward
15&16 Cross right foot over left, step back on left, step right to right

CROSS, SIDE, SAILOR STEP TWICE

17-18 Cross left foot over right, step right to right
19&20 Cross left behind right, step right to right, step left in place
21-22 Cross right foot over left, step left to left
23&24 Cross right behind left, step left to left, step right in place

LEFT AND RIGHT VAUDEVILLE STEPS, CROSS, UNWIND ¾ RIGHT, LEFT SHUFFLE FORWARD

25&26 Cross left foot over right, step right diagonally back right, touch left heel forward
& Step left slightly back left
27&28 Cross right foot over left, step left diagonally back left, touch right heel forward
& Step right slightly back right

The vaudeville steps can be replaced with the following easier variation (heel switches)

25&26 Touch left heel forward, bring left into place, touch right heel forward
& Bring right into place
27&28 Touch left heel forward, bring left into place, touch right heel forward
& Bring right into place

29-30 Cross left over right, unwind ¾ turn right
31&32 Step left foot forward, close right to left, step left forward

REPEAT