The Sailors Hornpipe



拍數: 32 牆數: 2 級數: ultra Beginner

編舞者: Barbara Lowe (UK)

音樂: The Sailors Hornpipe - The Royal Philharmonic Orchestra



This is a very fast intro. Start dancing at 11 sec

RIGHT MAMBO, LEFT COASTER STEP (TWICE)

1-4 Rock forward on right, recover to left in place, step right foot together, hold 5-8 Step left foot back, step right foot together, step left foot forward, hold

9-16 Repeat 1-8

WEAVE RIGHT, ROCK AND CROSS, TURN, STEP

1-4 Step right to side, step left behind right, step right to side, cross step left over right

5-8 Repeat 1-4

9-12 Rock right to side, recover to left, cross right over left, hold

13-16 Step forward on left, turn ½ right (weight to right), step forward on left, hold

REPEAT