

Hello Sailor

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Laura Austin (USA)
音樂: Midnight Hour/Knock On Wood - Scooter Lee



POINT STEPS X 4 WITH HAND MOTIONS

- 1-2 Point right forward, step right (right arm up, left arm across body waist high)
- 3-4 Bending upper body forward, point left forward, step left (right arm down across left knee, left arm back, pointing down)
- 5-8 Repeat 1-4

RIGHT GRAPEVINE, LEFT GRAPEVINE

- 1-4 Right grapevine (right, left, right, left stomp (no weight))
- 5-8 Left grapevine (left, right, left, right stomp (no weight))

For more advanced dancers variation for those 8 counts

REVERSE WEAVES, ROCK

- 1-2 Step right to right side, step left behind
- &3 Step quickly on right ball of foot, cross left over right taking weight
- 4 Rock right to right side
- 5-6 Step left to left side, step right behind
- &7 Step quickly on left ball of foot, cross right over left taking weight
- 8 Rock left to left side

SAILOR SHUFFLES WITH MODIFIED LEFT GRAPE VINE

- 1&2 Right sailor shuffle (right, left, right)
- 3&4 Left sailor shuffle (left, right, left)
- 5-6 Step right behind, step left to left side
- 7&8 Right sailor shuffle (right, left, right)

SAILOR SHUFFLES WITH MODIFIED RIGHT GRAPE VINE

- 1&2 Left sailor shuffle (left, right, left)
- 3&4 Right sailor shuffle (right, left, right)
- 5-6 Step left behind, step right to right side
- 7&8 Left sailor shuffle (left, right, left)

TRIPLE ROLL TO RIGHT, TRIPLE TWICE, ROCK, RECOVER

- 1&2 Triple step turning $\frac{1}{4}$ to right (right, left, right)
- 3&4 Moving forward left triple step (left, right, left)
- 5&6 Moving forward right triple step (right, left, right)
- 7-8 Rock forward left, recover right (right arm up, left arm forward waist high)

For more advanced dancers variation for 3-6:

- 3&4 Triple step turning $\frac{1}{2}$ to right (left, right, left)
- 5&6 Triple step turning $\frac{1}{2}$ to right (right, left, right)

TRIPLE ROLL TO LEFT, TRIPLE TWICE, RIGHT KICK BALL CHANGE

- 1&2 Triple step turning $\frac{1}{2}$ to left (left, right, left)
- 3&4 Moving forward right triple step (right, left, right)
- 5&6 Moving forward left triple step (left, right, left)
- 7&8 Right kick ball change

For more advanced dancers variation of 3-6

- 3&4 Triple step turning $\frac{1}{2}$ to left (right, left, right)
- 5&6 Triple step turning $\frac{1}{2}$ to left (left, right, left)

REPEAT
