

Adjust The Sails

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Trish Arena (AUS)
音樂: Can't Control the Wind - Ricky Skaggs



- 1-2 Cross right over left, point left to side
3&4 Shuffle forward left-right-left
5-6 Rock forward right, rock back on left
7&8 Making a ½ turn right, shuffle forward right-left-right
- 1-8 Repeat/mirror the previous 8 counts, starting on left
- 1-2 Step right to right side, step left behind right
3-4 Make a ¼ turn right & step forward on right, make a ¼ turn right & step sideways on left
5-6 Make a ¼ turn right & step forward on right, step forward on left commencing a ¾ turn left
7-8 Step back on right & step left to side completing the ¾ turn left (facing front)
- 1-2 Cross/rock right in front of left, recover on left
3&4 Shuffle sideways right-left-right
5-6 Cross/rock left in front of right, recover on right
7&8 Shuffle sideways left-right-left
- 1&2 Right sailor traveling backwards
3&4 Left sailor traveling backwards
5-8 Paddle turn ¼ left, paddle turn ¼ left
- 1-2 Step back on right, point left to side
3-4 Step forward on left making a ¼ turn left, point right to side
5-8 Repeat last four counts
- 1-2 Cross right over left, step left to left side
3-4 Cross right behind left, rock/step left to left side
5-6 Rock weight onto right, cross/touch left behind right
7-8 Unwind ½ turn on balls of feet, drop heels
- 1-2 Step back on right, kick (small) left forward
3-4 Step back on left, kick (small) right forward
5-6 Rock back on right, recover on left
7-8 Paddle turn ¼ left (weight in on left)

REPEAT

TAGS

At the end of repetitions 1 and 3, there is a four count pause in the music. Just step right foot to side & hold for four in each instance

At the end of repetition 2, there is a 16 count tag, which is a repeat of steps 17-32

FINISH

The dance finishes by converting the final paddle turn to a ½ pivot and dragging the left foot back beside the right.

