

Lionheart

拍數: 80 牆數: 1 級數: Intermediate
編舞者: Shanthie De Mel (AUS) - May 2010
音樂: Sail Away - The Oak Ridge Boys : (Album: The Definitive Collection - 3:20)



Begin: Wt. L: 16 count Intro. Start on vocals.

Jesse Martin of Australia, sailed in the 'Lionheart' in October 1999.

At 18, he became the youngest, solo, non-stop, unassisted sailor to cross opposite points of the globe in a single round the world voyage.

Congratulations Jesse, may you sail away to happiness!

(1-8) FWD, PIVOT, SIDE SHUFFLE, CROSS, ROCK, SIDE SHUFFLE

- 1,2,3&4 Step R fwd, pivot 180° left with wt on L, step R to right side, step L next to R, step R to right side
5,6,7&8 Cross/step L over R, step R in place, step L to left side, step R next to left, step L to left side (6:00)

(9-16) FWD, PIVOT, SIDE SHUFFLE, CROSS, ROCK, SIDE SHUFFLE

- 1,2,3&4 Step R fwd, pivot 180° left with wt on L, step R to right side, step L next to R, step R to right side
5,6,7&8 Cross/step L over R, step R in place, step L to left side, step R next to left, step L to left side (12:00)

(17-24) STOMP, TAP, SCUFF, SIDE, SIDE X2

- 1,2,3&4 Stomp R fwd, tap L toe behind R heel, scuff L to left side, step L to left side, step R to right side
5,6,7&8 Stomp L fwd, tap R toe behind L heel, scuff R to right side, step R to right side, step L to left side (12:00)

(25-32) SIDE-ROCK, RETURN, SAILOR RIGHT, SIDE-ROCK, RETURN, SAILOR LEFT

- 1,2,3&4 Rock R to right side, return L, cross R behind L, step L to left side, step R to right side
5,6,7&8 Rock L to left side, return R, turning 90° left cross L behind R, step R to right side, step L to left side (9:00)

(33-40) STEP, HOLD, DRAG, CROSS, POINT, HOLD, BACK, CROSS

- 1,2, 3,4 Make a big step R to right side, hold, drag L back towards R, cross R over L
5,6,7,8 Point L to left side, hold, step L back, cross R over L (9:00)

(41-48) STEP, HOLD, DRAG, CROSS, POINT, HOLD, BACK, CROSS

- 1,2,3,4 Make a big step L to left side, hold, drag R back towards L, cross L over R
5,6,7,8 Point R to right side, hold, step R back, cross L over R (9:00)

(49-56) FWD, PIVOT, SAMBA-CROSS, SAMBA-CROSS, SAMBA-CROSS,

- 1,2 Step R fwd, pivot 180° left ending with wt on L (3:00)
3&4 Step R to right side on ball of foot, step L in place, cross R over L
5&6 Step L to left side on ball of foot, step R in place, cross L over R
7&8 Step R to right side on ball of foot, step L in place, cross R over L (3:00)

(57-64) BACK, KICK, BACK-CROSS-BACK, BACK-CROSS-BACK, BACK-CROSS-SIDE

- 1,2 Step L back, kick R fwd,
3&4 Step R back diag to right side, cross L over R, step R back diag to right side
5&6 Step L back diag to left side, cross R over L, step L back diag to left side
7&8 Step R back diag to right side, cross L over R, turning 90° right step R to right side (6:00)

(65-80) LEFT ROCKING CHAIR, PADDLE, PADDLE, LEFT ROCKING CHAIR, LEFT JAZZ BOX, HOLD

1,2,3,4 Rock L fwd, return R, rock L back, return R

5,6,7,8 Step L fwd, pivot 90° right with wt on R, step L fwd, pivot 90° right with wt on R (12:00)

9,10,11,12 Rock L fwd, return R, rock L back, return R

13,14,15,16 Cross L over R, step R back, step L to left side, hold. (12:00)

Note: For split floors, see the Beginner line dance 'Dare 2 Sail' to the same music.
