

Sail

拍數: 32 牆數: 2 級數: Funky Intermediate
編舞者: Martie Papendorf (SA) - September 2011
音樂: Sail - AWOLNATION : (4:19)



Start - On first vocals, "Sail". - No Tags, Restarts

S1: Side, Touch, Step & sway 3x, Step, Turn ½ left, Step, Turn ¼ left

1,2 Step R to right side, Touch L to R,
&3 Step and sway L to left side, Step R in place and sway to right side
4 Step L in place and sway to left side,
5,6 Step R fwd, Step L fwd making ½ turn left, 6.00
7,8 Step R fwd, Make ¼ turn left on balls of both feet (weight to L lifting R heel) 3.00

S2: Step ¼ R, Point L, Step, Point R, ½ R pointing across, Rocking chair

1,2 Make ¼ turn right stepping R fwd, (6.00) Point L to left side bending both knees and look over left shoulder,
&3 Step L fwd slightly in front of R, Point R to right side (angling body to left),
4 Turn ½ right (weight stays on L, R stays in position to point across L), 12.00
5,6 Rock R to left diagonal, Rock L back,
7,8 Rock R back, Rock L fwd

S3: R fwd, L lock, R fwd, Step, Scuff, Stamp 2x, Touch and grind heel

1,2 Step R fwd to right diagonal, Lock L behind R,
&3,4 Step R fwd, Step L next to R, Scuff R fwd to face 12.00,
5 Stamp R across L, toes facing inwards towards 9.00 and heel to (3.00) (No weight)
6 Stamp R toes facing forwards to 12.00 and heel to 6.00 (No weight)
7,8 Touch R heel fwd, Grind R heel to right

S4: R strut back, L strut back, ¼ right, Close, ¼ right, Recover

1,2 Touch R back, Drop heel,
3,4 Touch L back, Drop heel,
5,6 Step R to right side making ¼ turn right, Close L next to R, 3.00
7,8 Step R fwd making ¼ turn right, Recover L to left side 6.00

Ending: Music fades away so track can be shortened