

Sail Over Seven Seas (航向七海) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - 2014年04月
音樂: Sail Over Seven Seas - Gina T.



Start: 36 count intro

S1. SLIDE FORWARD DIAGONAL. SHUFFLE FORWARD. FORWARD RECOVER. TURN 1/2 TRIPLE.

1-2 Slide RF diagonally forward. Slide LF diagonally forward.
3&4 Shuffle forward (RLR).
5-6 Step LF forward. Recover onto RF.
7&8 Turn ½ L (6:00) in triple steps (LRL).
1-2 右足前右斜滑步 左足前左斜滑步。
3&4 前進交換步(右左右)。
5-6 左足前踏 重心回右足。
7&8 向左轉½ (6:00) 小三步(左右左)。

S2. CROSS STEP POINT. JAZZ BOX.

1-2-3-4 Cross step RF over LF. Point LF to L. Cross step LF over RF. Point RF to R.
5-6-7-8 Cross step RF over LF. Step LF backward. Step RF to R of LF. Step LF forward.
1-2-3-4 右足於左足前交叉踏. 左足左點. 左足於右足前交叉踏. 右足右點。
5-6-7-8 右足於左足前交叉踏, 左足後踏, 右足在左足右側踏, 左足前踏。

S3. ROCK FORWARD RECOVER. BACKWARD SHUFFLE. ROCK BACKWARD RECOVER. TURN 1/2 TRIPLE.

1-2 Rock RF forward. Recover onto LF.
3&4 Shuffle backward (RLR).
5-6 Rock LF backward. Recover onto RF.
7&8 Turn ½ R (12:00) in triple steps (LRL).
1-2 右足前下沉步 重心回左足。
3&4 後退交換步(右左右)。
5-6 左足後下沉步 重心回右足。
7&8 向右轉½ (12:00) 小三步(左右左)。

S4. COASTER STEP. SHUFFLE. ROCKING CHAIR.

1&2 Step RF backward, step LF beside RF, step RF forward
3&4 Shuffle forward (LRL).
5-6 Rock RF forward. Recover onto LF.
7-8 Turn ¼ R (3:00) while rock RF backward. Recover onto LF.
1&2 右足後踏, 左足併踏, 右足前踏。
3&4 前進交換步(左右左)。
5-6 右足前下沉步 重心回左足。
7-8 向右轉¼ 右足後下沉步 重心回左足。

Restart: After S2 of the 5th wall (6:00), Restart from S1. Count this S1 as the start of the 6th wall.
重新開始: 在第五面牆 S2結束後(6:00), 從S1重新開始跳. 將此S1算做第六面牆的開始。

Tags: 4 counts (Sway R. Sway L. Sway R. Sway L.), after the second wall (6:00), and also after the seventh wall (12:00).

加拍: 跳完第二面牆後(6:00), 及跳完第七面牆後(12:00), 各加跳四拍(右擺臀 左擺臀 右擺臀 左擺臀)。

As the music will taper off and end after the first 4 counts of S3 of the 10th wall (12:00).
音樂在做完第十面牆S3前4拍後(12:00)會變小聲並結束。

Have Fun & Happy Dancing!
Contact Nina Chen: nina.teach.dance@gmail.com
