

Sailing

拍數: 32 牆數: 4 級數: Beginner
編舞者: Tine Sjursen (DK) - May 2014
音樂: Sailing - Mike Oldfield : (Album: Man On The Rocks)



Intro: 8 Count

[1 – 8] RIGHT LOCKSTEP, SCUFF, LEFT LOCKSTEP, SCUFF

1 – 4 Step forward on right, lock left behind right, step forward on right, scuff left
5 – 8 Step forward on left, lock right behind left, step forward on left, scuff right

[1 – 8] RIGHT ROCKIN CHAIR, JAZZBOX ¼ TURN RIGHT, TOUCH LEFT

1 – 4 Rock forward on right, recover weight on left, rock back on right, recover weight on left
5 – 8 Cross right over left, step back on left, ¼ turn right on right foot, touch left next to right

[1 – 8] LEFT ROLLING VINE, TOUCH, RIGHT CHASSE, BACK ROCK

1 – 4 ¼ Turn left, ½ turn left, ¼ turn left, touch right next to left
5 & 6 Step right to right side, step left next to right, step right to right
7 – 8 Rock back on left, recover weight on right

[1 – 8] 2 X LEFT KICKBALL CROSS, STEP LEFT TO SIDE, TOUCH RIGHT, RIGHT HEEL AND TOE

1 & 2 Kick left to left diagonal, step on ball of left, cross right over taking weight
3 & 4 Kick left to left diagonal, step on ball of left, cross right over taking weight
5 – 8 Step left to left side, touch right next to left, touch right heel forward, touch right toes back

Ending: On the 13th wall dance 24 counts, then step a ¼ turn left and relax

Contact: tibri@mail.dk