



Sailing

32 count, 4 wall, intermediate level

Choreographer: Jo & John Kinser (UK) March 2006

Choreographed to: "Sailing" by Rod Stewart (64 bpm), "Greatest Hits" Album (32 count intro)

There is a 2 count tag at the end of wall 4.

Section 1 Side, Back Rock, Step, Step Turn Step, Step Lock Step, Rock, Back Step

- 1-2& Step left to side, rock right back behind left, recover on left
3-4 Step right forward, step left forward
&5 Turn 1/2 right stepping onto right, step left forward
6&7 Step right forward, lock left behind right, step right forward
Option: 6&7: full turn left - 1/2 stepping right back, 1/2 left forward, right forward
8&1 Rock forward on left, recover onto right, step left back

Section 2 Sweep, Sweep, Sweep & Cross, Rock & Cross, Turn Turn Cross

- 2-3 Sweep right around and step back, sweep left around and step back
4&5 Sweep right around and cross behind left, step left to side, cross right over left
6&7 Rock left to side, recover onto right, cross left over right
8& Turn 1/4 left stepping right back, turn 1/4 left stepping left to side
1 Cross right over left

Section 3 Turn, Turn, Step, Rock Turn Step x 2, 1 3/4 Turn

- 2& Turn 1/4 right stepping left back, turn 1/4 right stepping right to side
3-4& Step left forward, rock forward on right, recover onto left
5 Turn 1/2 right stepping right forward
6&7 Rock forward on left, recover onto right, turn 1/2 left stepping left forward
8& Turn 1/2 left stepping right back, turn 1/2 left stepping left forward
1 Turn 1/4 left stepping right to side
Option: 8&1: walk forward right & left, turn 1/4 left stepping right to side

Section 4 Back Rock Side x 2, Sway, Sway, Back Rock

- 2&3 Rock left behind right, recover onto right, step left to left side
4&5 Rock right behind left, recover onto left, step right to right side
6-7 Sway left, transferring weight, sway right, transferring weight
8& Rock left behind right, recover onto right

Tag Danced once at end of Wall 4

- 1-2 Step left to side with sway, sway right, transferring weight

Quelle:

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