

Seven Sheets To The Wind

BEGINNER

32 Count 4 Walls

Choreographed by: Liz Clarke

Choreographed to: Lightnin'

Strikes A Good Man by Lacy J Dalton

SAILOR STEPS, CROSS UNWIND 3/4 TURN RIGHT, STEP PIVOT 1/2 TURN LEFT

- 1 & 2 Cross right behind left, step left to left, step right to right
3 & 4 Cross left behind right, step right to right, step left to left
5 - 6 Cross right behind left, unwind 3/4 turn right
7 - 8 Step forward on left foot, pivot 1/2 turn right

ROCK STEPS, SHUFFLE, 1/2 TURN RIGHT, STEP BACK, ROCK BACK ON LEFT, RECOVER ON RIGHT

- & 3 - 4 Quickly step in place on left, rock back on right, recover on left
5 & 6 Step forward on right, step left next to right, step forward on left
7 & 8 Step forward on left making 1/2 turn right, step right next to left, step back on left

KICK BALL POINTS, CROSS UNWIND 3/4, LEFT SHUFFLE

- 1 & 2 Kick right foot forward, step right beside left, point left toe to left side
3 & 4 Kick left foot forward, step left beside right, point right to right side
5 - 6 Cross right over front of left, unwind 3/4 turn left
7 & 8 Step forward on left, step right beside left, step forward on left

FULL TURN LEFT, SHUFFLE, STEP 1/2 TURN RIGHT, SHUFFLE, STEP FORWARD ON RIGHT, TURNING 1/2 TURN LEFT, CONTINUE TURNING 1/2 LEFT STEPPING FORWARD ON LEFT FOOT

- 3 & 4 Step forward on right, step left next to right, step forward on right, step forward on left foot, pivot 1/2 turn right
7 & 8 Step forward on right, step right next to left, step forward on left

REPEAT