

Sail Away

36 Count, 4 Wall, Improver

Choreographer: Ron Tate - March 2017

Choreographed to: Sail Away / Status Quo. CD: Thirsty Work -
- BPM : 90

Count in: dance starts on vocals sail "away" (approx 10 seconds in)

tags & restarts: 1 tag/restart (wall 6) + 3 other restarts (walls 3, 5, and 8)

S1: Side Touch (x2), Half Rumba Forward, Side Touch (x2), Half Rumba Back

- 1 & step (r) to side, touch (l) next to (r)
- 2 & step (l) to side, touch (r) next to (l)
- 3 & 4 step (r) to side, step (l) next to (r), step forward (r)
- 5 & step (l) to side, touch (r) next to (l)
- 6 & step (r) to side, touch (l) next to (r)
- 7 & 8 step (l) to side, step (r) next to (l), step back (l)

S2: Mambo ½ Turn, Shuffle ½ Turn, Mambo, Back Locking Shuffle

- 1 & 2 rock back (r), rock forward (l), make ½ turn (l) stepping back (r) 6 o'clock
- 3 & 4 shuffle ½ turn (l) stepping (l r l) 12 o'clock
- 5 & 6 rock forward (r), rock back (l), step back (r)
- 7 & 8 step back (l), lock (r) across (l), step back (l)

S3: Sweep/Step Back (x2), Coaster, Step, Turn, Cross, Turn, Turn, Cross

- 1 – 2 sweep/step (r) behind (l), sweep/step (l) behind (r)
- 3 & 4 step back (r), step (l) next to (r), step forward (r)
- 5 & 6 step forward (l), make a ¼ turn (r), cross (l) over (r) 3 o'clock
- 7 & 8 (x2) ¼ turns (l), cross (r) over (l) 9 o'clock

S4: Side Rocks Into Syncopated Weave, Side Rocks Into Syncopated Weave + Touch

- 1 & 2 side rock (l), side rock (r), cross (l) over (r)
- & 3 & 4 step (r) to side, cross (l) behind (r), step (r) to side, cross (l) over (r)
- 5 & 6 side rock (r), side rock (l), cross (r) over (l)
- & 7 & 8 step (l) to side, cross (r) behind (l), step (l) to side, touch (r) next to (l)

NB: restart the dance at this point for:-

wall 3 (facing 3 o'clock),

wall 5 (facing 9 o'clock)

wall 6 (facing 6 o'clock after the tag) and

wall 8 (facing 12 o'clock)

S5: Cross Mambo (x2)

- 1 & 2 cross rock (r) over (l), rock back (l), step (r) to side
- 3 & 4 cross rock (l) over (r), rock back (r), step (l) to side

Repeat Steps

Tag: The Tag Is Danced Once Only At The End Of Wall 6 (facing 6 O'clock) Then Restart The Dance

- 1 – 2 step (r) to side and sway hips to the (r) step (l) to side and sway hips to the (l)

Choreographers note: don't be put off by the restarts. The full dance is quite straightforward. When it comes to the restarts, it's just a case of dropping the cross mambo's (last 4 counts)

The dance can also be treated as an "a/b" phrased dance i.e.

Walls 1, 2, 4 & 7 (part a) full 36 counts

walls 3, 5, 6 + tag & 8 (part b) 32 counts only (just drop the cross mambo's)