



## AB Sailor

32 Count, 1 Wall, Absolute Beginner  
Choreographer: Debra Ciavarella (AU) Apr 2018  
Choreographed to: Sailor by Petula Clark.  
Album: The Hits of 1961

99 BPM, 2:59 min.

**INTRO: 16 Counts in on Vocals**

**Feet Together Weight on Right, No Tags or Restarts (Ending if 4 wall)**

**SEC. 1 L SAILOR, R SIDE ROCK RECOVER, R SAILOR, L SIDE ROCK RECOVER.**

1&2 L Behind R, R to the Side, L Beside R,

3-4 R Rock to R Side, Recover on L,

5&6 R Behind L, L to the Side, R Beside L,

7-8 L Rock to L Side, Recover on R.

**Option: To make it a 4 Wall Dance:**

5&6 R Behind L ¼ Turn R, L to the Side, R Beside L. (3)

**SEC. 2 L HEEL HOOK, HEEL TOGETHER, R HEEL HOOK, HEEL TOGETHER.**

1-2 L Heel Forward at 45 L, Hook L Heel Across R,

3-4 L Heel Forward at 45 L, Step Together,

5-6 R Heel Forward at 45 R, Hook R Heel Across L,

7-8 R Heel Forward at 45 R, Step Together.

**SEC. 3 L SIDE ROCK RECOVER, L SAILOR, R SIDE ROCK RECOVER, R SAILOR.**

1-2 L Rock to L Side, Recover on R,

3&4 L Behind R, R to the Side, L Beside R,

5-6 R Rock to R Side, Recover on L,

7&8 R Behind L, L to the Side, R Beside L.

**SEC. 4 LEFT ROCKING CHAIR, LEFT V STEP.**

1-2 L Forward Rock, Rock Back on R,

3-4 L Back Rock, Rock Forward on R,

5-6 Step L Forward, Step R next to L Shoulders Width Apart,

7-8 Step Back on L, Step R Together, Weight on Right.\*\*

**\*\*ENDING FOR 4 WALL ONLY: Repeat SEC. 1 Steps 1 to 8. You will be facing the front.**

**Can be used as a split floor to my other Improver Level Dance: Marcia's Sailor.**