

Sail On

32 Count, 2 Wall, Improver Choreographer: Hayley Goy and Michael Lynn (UK) May 2019 Choreographed to: Sail On by Bucky Covington

16 count intro, 68 bpm

S1	BASIC NIGHTCLUB, 1/2 HINGE TURN RIGHT CROSS, BASIC NIGHTCLUB, 1/4 TURN-SWEEP,
	CROSS BACK

- 1-2& Step right to right side, cross rock left behind right, recover right,
- 3-4& Step the left back as you 1/4 turn right, step right 1/4 turn right, cross left over right, (06:00)
- 5-6& Step right to right side, cross rock left behind right, recover right,
- 7-8& Step forward left as you 1/4 turn left sweeping right from back to front crossing right over left, step back left. (03:00)

S2 BACK ROCK RECOVER, 1/2 TURN LEFT, BACK LOCKSTEP, FULL RUMBA BOX, ROCK 1/4 TURN LEFT

- 1-2& Rock back right, recover left, make a 1/2 turn left as you step back right, (09:00)
- 3&4 Step back left, lock right across left, step back left,
- 5&6 Step right to right side, close left beside right, step forward right,
- 7&8 Step left to left side (in line with right foot), close right beside left, rock back left as you 1/4 left (06:00)

RESTART: On wall 3 dance upto count 16 and restart the dance.

S3 RECOVER 1/4 TURN RIGHT, SWEEP, WEAVE, SWEEP, BEHIND-SIDE, CROSS ROCK RECOVERx2

- 1 Recover onto right as you 1/4 turn right sweeping the left from back to cross in front, (09:00)
- 2&3 Cross left over right, step right to right side, cross left behind right as you sweep right front to back,
- 4& Cross right behind left, step left to left side,
- 5-6& Cross rock right over left, recover left, step right to right side,
- 7-8& Cross rock left over right, recover right, step left to left side.

RESTART: Wall 6 dance upto count 8, change the & count by stepping forward 1/4 turn left as you touch right beside left.

S4 CROSS, SCISSOR 1/4 TURN RIGHT, 1/4 TURN LEFT-BEHIND-1/4 TURN RIGHT, MAMBO-1/2 TURN, 2 RUNS

- 1 Cross right over left,
- 2&3 Step left to left side, step right beside left, 1/4 turn right stepping left forward,
- (12:00) nt, (12:00)
- 4&5 1/4 turn left as you step right to right side (09:00), cross left behind right, step right 1/4 turn right,
- 6&7 Rock forward left, recover right, 1/2 turn left as you step forward left, (06:00)
- 8& Run right, run left.

OPTION: 8& you can replace with a full turn by 1/2 turn left stepping back right (12:00),

1/2 turn left stepping forward left (06:00)

RESTARTS

Wall 3 Dance upto count 16 and restart the dance again on the back wall.

Wall 6 Dance upto count 24 change the & count to a 1/4 turn left as you touch right beside left. Restart dance facing front wall.



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