

AB Sailor

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Count: 32 **Wall:** 1 **Level:** Absolute Beginner - 4W option.

Choreographer: Debra Ciavarella, Melb., Victoria, AUS. (12 April 2018)

Music: Sailor by Petula Clark (Album: The Hits of 1961) (99 bpm) iTunes

INTRO: 16 Counts in on Vocals. Music: 2:59 min

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

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

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

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

Option: To make it a 4 Wall Dance:

5&6R Behind L $\frac{1}{4}$ Turn R, L to the Side, R Beside L. (3)

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

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

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

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

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

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

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

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

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

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

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

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

3-4L 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.

Contact Details: debrajayne17@yahoo.com.au