

ADJUST THE SAILS

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Trish Arena

Music: Can't Control The Wind by Ricky Skaggs

- 1-2** Cross right over left, point left to side
- 3&4** Shuffle forward left-right-left
- 5-6** Rock forward right, rock back on left
- 7&8** Making a $\frac{1}{2}$ turn right, shuffle forward right-left-right
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- 1-8** Repeat/mirror the previous 8 counts, starting on left
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- 1-2** Step right to right side, step left behind right
- 3-4** Make a $\frac{1}{4}$ turn right & step forward on right, make a $\frac{1}{4}$ turn right & step sideways on left
- 5-6** Make a $\frac{1}{4}$ turn right & step forward on right, step forward on left commencing a $\frac{3}{4}$ turn left
- 7-8** Step back on right & step left to side completing the $\frac{3}{4}$ turn left (facing front)
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- 1-2** Cross/rock right in front of left, recover on left
- 3&4** Shuffle sideways right-left-right
- 5-6** Cross/rock left in front of right, recover on right
- 7&8** Shuffle sideways left-right-left
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- 1&2** Right sailor traveling backwards
- 3&4** Left sailor traveling backwards
- 5-8** Paddle turn $\frac{1}{4}$ left, paddle turn $\frac{1}{4}$ left
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- 1-2** Step back on right, point left to side

3-4 Step forward on left making a $\frac{1}{4}$ turn left, point right to side

5-8 Repeat last four counts

1-2 Cross right over left, step left to left side

3-4 Cross right behind left, rock/step left to left side

5-6 Rock weight onto right, cross/touch left behind right

7-8 Unwind $\frac{1}{2}$ turn on balls of feet, drop heels

1-2 Step back on right, kick (small) left forward

3-4 Step back on left, kick (small) right forward

5-6 Rock back on right, recover on left

7-8 Paddle turn $\frac{1}{4}$ left (weight in on left)

REPEAT

TAGS

At the end of repetitions 1 and 3, there is a four count pause in the music. Just step right foot to side & hold for four in each instance

At the end of repetition 2, there is a 16 count tag, which is a repeat of steps 17-32

FINISH

The dance finishes by converting the final paddle turn to a $\frac{1}{2}$ pivot and dragging the left foot back beside the right.