

# HELLO SAILOR

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Laura Austin

**Music:** Midnight Hour/Knock On Wood by Scooter Lee

## POINT STEPS X 4 WITH HAND MOTIONS

- 1-2 Point right forward, step right (right arm up, left arm across body waist high)
- 3-4 Bending upper body forward, point left forward, step left (right arm down across left knee, left arm back, pointing down)
- 5-8 Repeat 1-4

## RIGHT GRAPEVINE, LEFT GRAPEVINE

- 1-4 Right grapevine (right, left, right, left stomp (no weight))
- 5-8 Left grapevine (left, right, left, right stomp (no weight))

**For more advanced dancers variation for those 8 counts**

## REVERSE WEAVES, ROCK

- 1-2 Step right to right side, step left behind
- &3 Step quickly on right ball of foot, cross left over right taking weight
- 4 Rock right to right side
- 5-6 Step left to left side, step right behind
- &7 Step quickly on left ball of foot, cross right over left taking weight
- 8 Rock left to left side

## SAILOR SHUFFLES WITH MODIFIED LEFT GRAPE VINE

- 1&2 Right sailor shuffle (right, left, right)
- 3&4 Left sailor shuffle (left, right, left)
- 5-6 Step right behind, step left to left side
- 7&8 Right sailor shuffle (right, left, right)

## SAILOR SHUFFLES WITH MODIFIED RIGHT GRAPE VINE

- 1&2 Left sailor shuffle (left, right, left)
- 3&4 Right sailor shuffle (right, left, right)

5-6 Step left behind, step right to right side

7&8 Left sailor shuffle (left, right, left)

### **TRIPLE ROLL TO RIGHT, TRIPLE TWICE, ROCK, RECOVER**

1&2 Triple step turning  $\frac{1}{4}$  to right (right, left, right)

3&4 Moving forward left triple step (left, right, left)

5&6 Moving forward right triple step (right, left, right)

7-8 Rock forward left, recover right (right arm up, left arm forward waist high)

#### **For more advanced dancers variation for 3-6:**

3&4 Triple step turning  $\frac{1}{2}$  to right (left, right, left)

5&6 Triple step turning  $\frac{1}{2}$  to right (right, left, right)

### **TRIPLE ROLL TO LEFT, TRIPLE TWICE, RIGHT KICK BALL CHANGE**

1&2 Triple step turning  $\frac{1}{2}$  to left (left, right, left)

3&4 Moving forward right triple step (right, left, right)

5&6 Moving forward left triple step (left, right, left)

7&8 Right kick ball change

#### **For more advanced dancers variation of 3-6**

3&4 Triple step turning  $\frac{1}{2}$  to left (right, left, right)

5&6 Triple step turning  $\frac{1}{2}$  to left (left, right, left)

### **REPEAT**