Sailing (航行) (zh)

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Jo Kinser (UK) & John Kinser (UK) - 2006年03月
Music: Sailing - Rod Stewart

第一段 Side Rock Step Fwd, Step Turn Step, Step Lock Step, Rock Step Back
側下沉前踏, 踏轉踏, 鎖踏, 下沉踏後

1-2& Step Lt Side Lt, Rock Rt Behind Lt, Recover Weight Lt (Basic Night Club Step) 左足左踏, 右足於左足後下沉, 左足回復

3-4&5 Step Rt Fwd, Step Lt Fwd, Make 1/2 turn Rt (weight Rt), Step Lt Fwd
右足前踏, 左足前踏, 右轉180度(重心在右足), 左足前踏

6&7 Step Rt Fwd, Lock Lt Behind Rt, Step Rt Fwd
右足前踏, 左足於右足後鎖踏, 右足前踏

(Intermediate: Full turn Lt – Make 1/2 turn Lt step back Rt, Make 1/2 turn Lt step fwd Lt, Step forward Rt)
選擇版：左轉圈-左轉180度右足後踏, 左轉180度左足前踏, 右足前踏

8&1 Rock Fwd Lt, Replace Weight Rt, Step Lt Back
左足前下沉, 右足回復, 右足後踏

第二段 Sweep Sweep Sweep & Cross, Rock Step Cross, Turn Turn Cross
繞 繞 繞 & 交叉, 下沉交叉, 轉轉交叉

2-3 Sweep Rt around and step Back, Sweep Lt around and step Back
右足繞至左足後踏, 左足繞至右足後踏

4&5 Sweep Rt around and step behind Lt, Step Lt Side Lt, Step Rt over Lt 右足繞至左足後踏, 左足左踏, 右足於左足前交叉踏

6&7 Rock Lt Side Lt, Replace weight Rt, Step Lt over Rt
左足左下沉, 右足回復, 左足於右足前交叉踏

8&1 Make 1/4 turn Lt Stepping Rt Back, Make 1/4 turn Lt Stepping Lt side Lt, Step Rt over Lt
左轉90度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏

第三段 Turn Turn Fwd, Rock Turn Step, Rock Turn Step, 1-1/4 Turn
轉轉前踏, 下沉轉踏, 下沉轉踏, 1-1/4轉

2&3 Make 1/4 turn Rt Stepping Lt Back, Make 1/4 turn Rt Stepping Rt side Rt, Step Lt Fwd 右轉90度左足後踏, 右轉90度右足右踏, 左足前踏

4&5 Rock Rt Fwd, Replace weight Lt, Make 1/2 turn Rt Stepping Rt Fwd
右足前下沉, 左足回復, 右轉180度右足前踏

6&7 Rock Lt Fwd, Replace weight Rt, Make 1/2 turn Lt Stepping Lt Fwd
左足前下沉, 右足回復, 左轉180度左足前踏

8&1 Make 1/2 turn Lt stepping Rt Back, Make 1/2 turn Lt stepping Lt Fwd, Make 1/4 turn Lt stepping Rt Side Rt
左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏

(Beginner: Walk Fwd Rt, Lt, 1/4 turn Lt Step Rt Side Rt)
簡易版：右足前走, 左轉90度右足右踏

第四段 Rock Step Side, Rock Step Side, Sway, Sway, Rock Step
下沉回復側踏, 下沉回復側踏, 擺臀, 擺臀, 下沉回復

2&3 Rock Lt Behind Rt, Replace weight Rt, Step Lt side Lt (Basic Night Club Step) 左足於右足後下沉, 右足回復, 左足左踏

4&5 Rock Rt Behind Lt, Replace weight Lt, Step Rt side Rt (Basic Night Club Step) 右足於左足後下沉, 左足回復, 右足右踏

6-7 Transfer weight Lt (Sway), Transfer weight Rt (Sway)
左擺臀, 右擺臀

8& Rock Lt Behind Rt, Replace weight Rt
左足於右足後下沉, 右足回復

TAG: AFTER 4TH WALL THERE ARE 2 COUNTS BEFORE THE 5TH WALL
加拍：第四面牆結束後

1-2 Step Lt Side Lt (Sway), Transfer weight Rt (Sway)
左足左踏左擺臀, 右擺臀
