

Sail With Me

Count: 32

Wall: 4

Level: Beginner

Choreographer: Silvia Schill (DE) - December 2023

Music: Islands in the Stream (Workout Remix) - Power Music Workout



The dance begins after 32 beats with the vocals

S1: Back 2, rock back, step, point l, step, point r

- 1-2 2 steps back (r - l)
- 3-4 Step back with right - weight back on the LF
- 5-6 Step forward with right - tap the left toe to the left
- 7-8 Step forward with left - tap the right toe to the right

S2: Jazz box turning ¼ r, side, touch/clap r + l

- 1-2 Cross RF over left - ¼ turn right and step back with left (3 o'clock)
- 3-4 Step right with right - step forward with left
- 5-6 Step right with right - touch LF next to right/clap
- 7-8 Step left with left - touch RF next to left/clap

S3: Out, out, in, in (V-steps) 2x

- 1-2 Step to diagonal right in front with right - small step to left with left
- 3-4 Step back to the starting position on the right - move LF next to right
- 5-8 Like 1-4

S4: Vine r + l

- 1-2 Step right with right - cross LF behind right
- 3-4 Step right with right - touch LF next to right
- 5-6 Step left with left - cross RF behind left
- 7-8 Step left with left - touch RF next to left

Repeat to the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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