

Sail On

32-count 2-wall improver

Choreographed by Hayley Goy & Michael Lynn (May 2019)

Music: "**Sail On**" by **Bucky Covington** (16 count intro, 68 bpm)

Available on iTunes, Amazon Music, 7Digital, Spotify etc.

Video: <https://www.youtube.com/watch?v=TZtGvXJFCs>

BASIC NIGHTCLUB, 1/2 HINGE CROSS, BASIC NIGHTCLUB, 1/4 TURN-SWEEP-BACK

- 1-2& Step right to right side, cross rock left behind right, recover right,
3-4& Step the left back as you 1/4 turn right, step right 1/4 turn right, cross left over right,
5-6& Step right to right side, cross rock left behind right, recover right,
7-8& Step forward left as you 1/4 turn left sweeping right from back to front crossing right over left,
step back left.

BACK ROCK RECOVER, 1/2 TURN, LOCKSTEP, FULL RUMBA BOX

- 1-2& Rock back right, recover left, make a 1/2 turn left as you step back right,
3&4 Step back left, lock right across left, step back left,
5&6 Step right to right side, close left beside right, step forward right,
7&8 Step left to left side (in line with right foot), close right beside left, rock back left as you 1/4 left.

RESTART: On wall 3 dance upto count 16 and restart the dance.

RECOVER-SWEEP, WEAVE, SWEEP, BEHIND-SIDE, CROSS ROCK RECOVERx2

- 1 Recover onto right as you 1/4 turn right sweeping the left from back to cross in front,
2&3 Cross left over right, step right to right side, cross left behind right as you sweep right front to back,
4& Cross right behind left, step left to left side,
5-6& Cross rock right over left, recover left, step right to right side,
7-8& Cross rock left over right, recover right, step left to left side.

RESTART: Wall 6 dance upto count 8, change the & count by stepping forward 1/4 turn left as you touch right beside left.

CROSS, SCISSOR 1/4 TURN, SIDE CHASSE 1/4 TURN, MAMBO-1/2 TURN, 2 RUNS

- 1 Cross right over left,
2&3 step left to left side, step right beside left, 1/4 turn right stepping left forward,
4&5 Step right to right side as you 1/4 turn left, , cross left beside right, step right 1/4 turn left,
6&7 Rock forward left, recover right, 1/2 turn left as you step forward left,
8& Run right, run left.

OPTION: 8& you can replace with a turn by 1/2 turn left stepping back right, 1/2 turn left stepping forward left.

RESTARTS

Wall 3 Dance upto count 16 and restart the dance again on the back wall.

Wall 6 Dance upto count 24 change the & count to a 1/4 turn left as you touch right beside left. Restart dance facing front wall.