

# Sail Over Seven Seas (航向七海) (zh)

COPPER KNOB  
STEPPERS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Nina Chen (TW) - 2014年04月

Music: Sail Over Seven Seas - Gina T.



Start: 36 count intro

## S1. SLIDE FORWARD DIAGONAL. SHUFFLE FORWARD. FORWARD RECOVER. TURN 1/2 TRIPLE.

- 1-2 Slide RF diagonally forward. Slide LF diagonally forward.  
3&4 Shuffle forward (RLR).  
5-6 Step LF forward. Recover onto RF.  
7&8 Turn ½ L (6:00) in triple steps (LRL).  
1-2 右足前右斜滑步 左足前左斜滑步.  
3&4 前進交換步(右左右).  
5-6 左足前踏 重心回右足.  
7&8 向左轉½ (6:00) 小三步(左右左).

## S2. CROSS STEP POINT. JAZZ BOX.

- 1-2-3-4 Cross step RF over LF. Point LF to L. Cross step LF over RF. Point RF to R.  
5-6-7-8 Cross step RF over LF. Step LF backward. Step RF to R of LF. Step LF forward.  
1-2-3-4 右足於左足前交叉踏. 左足左點. 左足於右足前交叉踏. 右足右點.  
5-6-7-8 右足於左足前交叉踏, 左足後踏, 右足在左足右側踏, 左足前踏.

## S3. ROCK FORWARD RECOVER. BACKWARD SHUFFLE. ROCK BACKWARD RECOVER. TURN 1/2 TRIPLE.

- 1-2 Rock RF forward. Recover onto LF.  
3&4 Shuffle backward (RLR).  
5-6 Rock LF backward. Recover onto RF.  
7&8 Turn ½ R (12:00) in triple steps (LRL).  
1-2 右足前下沉步 重心回左足.  
3&4 後退交換步(右左右).  
5-6 左足後下沉步 重心回右足.  
7&8 向右轉½ (12:00) 小三步(左右左).

## S4. COASTER STEP. SHUFFLE. ROCKING CHAIR.

- 1&2 Step RF backward, step LF beside RF, step RF forward  
3&4 Shuffle forward (LRL).  
5-6 Rock RF forward. Recover onto LF.  
7-8 Turn ¼ R (3:00) while rock RF backward. Recover onto LF.  
1&2 右足後踏, 左足併踏, 右足前踏.  
3&4 前進交換步(左右左).  
5-6 右足前下沉步 重心回左足.  
7-8 向右轉¼ 右足後下沉步 重心回左足.

Restart: After S2 of the 5th wall (6:00), Restart from S1. Count this S1 as the start of the 6th wall.

重新開始: 在第五面牆 S2結束後(6:00), 從S1重新開始跳. 將此S1算做第六面牆的開始.

Tags: 4 counts (Sway R. Sway L. Sway R. Sway L.), after the second wall (6:00), and also after the seventh wall (12:00).

加拍: 跳完第二面牆後(6:00), 及跳完第七面牆後(12:00), 各加跳四拍(右擺臀 左擺臀 右擺臀 左擺臀).

As the music will taper off and end after the first 4 counts of S3 of the 10th wall (12:00).

音樂在做完第十面牆S3前4拍後(12:00)會變小聲並結束.

Have Fun & Happy Dancing!  
Contact Nina Chen: [nina.teach.dance@gmail.com](mailto:nina.teach.dance@gmail.com)

---