

# My Island Lady

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Jack Koopman (NL) & Frankie Ray Merchant (NL) - September 2016  
音乐: My Island Lady - Richard Parker



## Starting on the beat after 16 counts

### Mambo step x 4

1            RF rock fwd  
&            LF recover  
2            RF step beside LF  
3            LF rock back  
&            RF recover  
4            LF step beside RF  
5            RF rock to right  
&            LF recover  
6            RF step beside LF  
7            LF rock to left  
&            RF recover  
8            LF step beside RF

### Weave, rumba box, R Lockstep back

1            RF step right  
&            LF cross behind RF  
2            RF step right  
&            LF cross in front of RF  
3            RF step right  
&            LF step beside RF  
4            RF step fwd  
5            LF step left  
&            RF step beside LF  
6            LF step back  
7            RF step back  
&            LF step hook in front of RF  
8            RF step back

### Triple ¼ turn left, kickball step, cross rock, step together

1            LF ¼ turn left step to left  
&            RF step beside  
2            LF ¼ turn left step fwd (6)  
3            RF kick fwd  
&            RF step beside LF  
4            LF recover  
5            RF rock in front of LF  
&            LF recover  
6            RF step beside LF  
7            LF rock in front of RF  
&            RF recover  
8            LF step beside RF

### Touch ¼ paddle left x 3, step, touch ¼ paddle x3, step

1            RF touch toe fwd

& R&L ¼ paddle turn left  
2 RF touch toe fwd  
& R&L ¼ paddle turn left  
3 RF touch toe fwd  
& R&L ¼ paddle turn left  
4 RF step fwd ( 9 )  
5 LF touch toe fwd  
& L&R ¼ paddle turn right  
6 LF touch toe fwd  
& L&R ¼ paddle turn right  
7 LF touch toe fwd  
& L&R ¼ paddle turn right  
8 LF step fwd (6)

**Start again: many pleasure**

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