

The Island

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Séverine Fillion (FR) - September 2016
音乐: The Island - Shauna McStravock



Intro : 18 counts (No Tag, No Restart)

[1-8] HEEL SWITCH, SCUFF HITCH STOMP, TOE & HEEL TOUCHES, COASTER STEP

1&2& Touch right heel fwd, recover on right, Touch left heel fwd, recover on left
3&4 Scuff right, Hitch right knee, right Stomp cross over left
5&6 Touch left toe just behind right, recover on left, Touch right heel fwd
7&8 Right back, left next to right, right fwd

[9-16] HEEL SWITCH, SCUFF HITCH STOMP, TOE & HEEL TOUCHES, COASTER STEP

1&2& Touch left heel fwd, recover on left, Touch right heel fwd, recover on right
3&4 Scuff left, Hitch left knee, left Stomp cross over right
5&6 Touch right toe just behind left, recover on right, Touch left heel fwd
7&8 Left back, right next to left, left fwd

[17-24] HEEL GRIND & HEEL GRIND & HEEL GRIND ¼ TURN R, COASTER STEP

1-2 Push right heel on the ground and swivel right toe to the right
& Recover on right next to left
3-4 Push left heel on the ground and swivel left toe to the left
& Recover on left next to right
5-6 Push right heel on the ground and swivel right toe to the right with ¼ turn right 3 :00
7&8 Right back, left next to right, right fwd

[25-32] TRIPLE STEP FWD, STEP ½ TURN L, ¼ TURN L & SIDE TRIPLE, BEHIND SIDE CROSS

1&2 Triple step left – right – left fwd
3-4 Right step fwd, Turn ½ left (weight on left) 9 :00
5&6 Turn ¼ left and Triple step right – left – right to right side 6 :00
7&8 Left cross behind right, right to right, left cross over right

[33-40] KICK BALL CROSS, KICK BALL CROSS, SIDE ROCK, SAILOR STEP

1&2 Kick right fwd, right next to left, left cross over right
3&4 Kick right fwd, right next to left, left cross over right
5-6 Rock step right to right side, recover on left
7&8 Right cross behind left, left to left, right to right

[41-48] SAILOR STEP, BEHIND SIDE CROSS, PADDLE FULL TURN LEFT

1&2 Left cross behind right, right to right, left to left
3&4 Right cross behind left, left to left, right cross over left
5&6&7&8 Full turn left in place started by left foot : L – R – L – R – L – R – L

[49-56] CROSS ROCK & CROSS ROCK & STEP ½ TURN L, WALK, WALK

1-2& Cross Rock right over left, recover on left, right next to left
3-4& Cross Rock left over right, recover on right, left next to right
5-6 Right step fwd, Turn ½ left (weight on left) 12 :00
7-8 Walk fwd on right, on left

[57-64] CROSS ROCK, SIDE TRIPLE STEP, CROSS ROCK, ¼ TURN L & TRIPLE FWD

1-2 Cross Rock right over left, recover on left

3&4 Triple step right – left – right to right side
5-6 Cross Rock left over right, recover on right
7&8 ¼ turn left and Triple step left – right – left fwd 9 :00

START AGAIN & ENJOY !
