

# These Islands (Of Aloha)

**COPPER KNOB**  
BY STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Doug Miranda (USA) & Jackie Snyder (USA)  
音乐: These Islands - Danny Couch



Begin dance after Slow Intro On the word "..islands"

## RIGHT SIDE SHUFFLE (CHASSE); CROSS ROCK, RECOVER; LEFT SIDE SHUFFLE (CHASSE); CROSS ROCK, RECOVER

- 1&2      Step right to right side, step left next to right, step right to right side (do not bounce but slide or glide)  
3-4      Cross rock left over right, recover back onto right  
5&6      Step left to left side, step right next to left, step left to left side  
7-8      Cross rock right over left, recover back onto left

## STEP TO RIGHT SIDE RIGHT, LEFT, ¼ RIGHT; STEP FORWARD LEFT, ¼ RIGHT; CROSS, SIDE, CROSS; TURN ¼ LEFT, ¼ LEFT

- 1&2      Step right to right side, step left next to right, step right into ¼ turn right  
3-4      Step forward on left, turn ¼ turn right shifting weight onto right (you have completed ½ turn)  
5&6      Cross left over right, step right to right side, cross left over right  
7-8      Turn ¼ left as you step back on right, turn ¼ left shifting weight to left (you have completed ½ turn)

## CROSS ROCK RIGHT OVER LEFT; STEP RIGHT TO RIGHT SIDE, STEP LEFT NEXT TO RIGHT, ¼ RIGHT; ¼ RIGHT, ¼ RIGHT, COASTER STEP

- 1-2      Cross rock right over left, recover back onto left  
3&4      Step right to right side, step left next to right, step right into ¼ turn right  
5-6      Turn ¼ right stepping left to left side, turn ¼ right stepping back on right  
7&8      Step back on left, step right next to left, step forward on left (back coaster step)

## STEP FORWARD ON RIGHT, TOUCH LEFT NEXT TO RIGHT; FULL TURN LEFT, STEP FORWARD ON RIGHT, TOUCH LEFT NEXT TO RIGHT; SHUFFLE FORWARD LEFT, RIGHT, LEFT

- 1-2      Step right diagonally forward, touch left next to right  
3&4      Triple step left, right, left, as you make a full turn left progressing forward  
5-6      Step right diagonally forward, touch left next to right  
7&8      Shuffle forward left, right, left

## ROCK RIGHT FORWARD, RECOVER LEFT, ½ TURN RIGHT SHUFFLING RIGHT, LEFT, RIGHT, STEP FORWARD LEFT, ¼ TURN RIGHT, CROSS SHUFFLE LEFT, RIGHT, LEFT

- 1-2      Rock right forward, recover back on left  
3&4      Turn ½ right shuffling right, left, right  
5-6      Step forward on left, turn ¼ right shifting weight to right  
7&8      Cross left over right, step right to right side, cross left over right

## STEP RIGHT SIDE AND CROSS FORWARD, STEP LEFT SIDE AND CROSS FORWARD; STEP RIGHT SIDE AND CROSS BACK, STEP LEFT SIDE AND CROSS BACK

- 1&2      Step right to right side, recover weight to left, cross right over left moving forward  
3&4      Step left to left side, recover weight to right, cross left over right moving forward  
5&6      Step right to right side, recover weight to left, cross left behind left moving back  
7&8      Step left to left side, recover weight to right, cross left behind right moving back

**ROCK BACK RIGHT, RECOVER ON LEFT, FULL TURN LEFT; ROCK FORWARD LEFT, RECOVER RIGHT, LEFT COASTER STEP**

- 1-2 Rock back on right, recover on left
- 3&4 Triple step right, left, right, as you make a full turn left progressing forward
- 5-6 Rock forward left, recover back on right
- 7&8 Step back on left, step right next to left, step forward on left

**SIDE ROCK RIGHT, RECOVER LEFT, BEHIND SIDE CROSS; SIDE ROCK LEFT, RECOVER RIGHT, BEHIND SIDE CROSS**

- 1-2 Rock right to right side while swaying hips right, recover weight to left while swaying hips left
- 3&4 Step right behind left, step left to left side, cross left over left
- 5-6 Rock left to left side while swaying hips left, recover weight to right while swaying hips right
- 7&8 Step left behind right, step right to right side, cross right over left

**REPEAT**

**RESTART**

**1 time only. During second sequence of dance (2nd wall) you will eliminate set 8 and start dance from beginning. You will be facing front wall (12:00 wall).**

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