

I'm An Island

拍数: 48 墙数: 4 级数:
编舞者: Dave Munro (UK) - August 2007
音乐: Alone - Lucie Silvas : (Album: The Same Side)



Intro 16 counts. (Lots of hip action throughout)!

R Cross. L Scissor cross. R Step side. L Coaster 1/4 turn. Syncopated 1/2 pivot Step.

- 1 Step Right across Left.
- 2&3 Step Left to left side, drag Right to end beside Left, Cross Left in front of Right.
- 4 Step Right to right side.
- 5&6 Cross Left behind Right, 1/4 turn left stepping Right beside Left, Step Left forward.
- 7&8 Step Right forward, pivot 1/2 turn left stepping onto Left, Step forward Right. (3:00)

L Cross. R Scissor cross. L Step side. R Coaster 1/4 turn. Syncopated 1/2 pivot Step.

- 1 Step Left across Right.
- 2&3 Step Right to right side, drag Left to end beside Right, Cross Right in front of Left.
- 4 Step Left to left side.
- 5&6 Cross Right behind Left, 1/4 turn right stepping Left beside Right, Step Right forward.
- 7&8 Step Left forward, pivot 1/2 turn right stepping onto Right, Step forward Left. (12:00)

R Rocks Forward, Side & Back. R Step Forward. L Rocks Forward, Side & Back. L Step forward.

- 1&2& Rock Right forward, Recover onto Left in place, Rock Right to right side, Recover onto Left in place.
- 3&4 Rock Right back, Recover onto Left in place. Step Right forward.
- 5&6& Rock Left forward, Recover onto Right in place, Rock Left to left side, Recover onto Right in place.
- 7&8 Rock Left back, Recover onto Right in place, Step Left forward. (12:00)
- Styling note: Push hips forward, side & back as foot rocks forward, side & back.

Right Shuffle Back. Full turn Left. Left Coaster. Right & Left Skate.

- 1&2 Step Right back, close Left beside Right, Step Right back.
- 3-4 1/2 turn left stepping Left forward, 1/2 turn left stepping Right back.
- 5&6 Step Left back, Step Right beside Left, Step Left forward.
- 7-8 Skate forward Right and Left. (12:00)

R Shuffle Diagonal right. L Mambo 1/4 turn. R Shuffle Diagonal left. L forward Mambo.

- 1&2 Step Right to right forward diagonal (1:30), close Left beside Right, Step Right forward.
- 3&4 Rock Left forward to diagonal (1:30), recover onto Right, 1/4 turn left step Left forward to face (10:30).
- 5&6 Step Right to left forward diagonal (10:30), close Left beside Right, Step Right forward.
- 7&8 Rock Left forward to left diagonal (10:30), recover back onto Right, Step Left back.

Right Sailor 1/8 turn. Left Sailor 1/2 turn. R Step 1/2 Pivot L. R Step 1/4 Pivot L.

- 1&2 1/8 turn right stepping Right behind Left, Step Left slightly left, step Right slightly right.
- 3&4 1/4 turn left step Left behind Right, Step Right in place, 1/4 turn left step Left forward.
- 5-6 Step forward Right, Pivot 1/2 turn left (weight ending on Left).
- 7-8 Step forward Right, Pivot 1/4 turn left (weight ending on Left). (9:00)
- Styling note: Counts 5-6 , 7-8 Push hips forwards and roll pelvis in a clockwise direction.

Repeat from Start.

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