

Shipwrecked

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Hedy McAdams (USA)
音樂: Shipwrecked - The Island Cowboys



SIDE, ROCK, RECOVER, SIDE, &/TURN, PIVOT, PIVOT, STEP/&

- 1 Step right to right
 - 2 Rock-step left in front of right
 - 3 Rock-recover to right
 - 4 Step left to left
 - & Step right beside left
 - 5 Turn ¼ left (9:00) on left
- Counts 6 and 7 are a continuous, smooth-flowing movement**
- 6 Step forward on ball of right and pivot ¼ left (6:00)
 - 7 (continuing pivot on ball of right) step left ¼ left (3:00)
 - 8 Step right forward
 - & Step left beside right

STEP, ROCK, RECOVER, BACK, &/BACK, SLIDE, SLIDE, SIDE/SIDE/&

- 9 Step right forward
- 10 Rock-step left forward
- 11 Rock-recover on right
- 12 Step left back
- & Step right back

For the slide-steps in counts 13-15, slide ball of unweighted foot back, slightly past weighted foot, then put weight on heel.

- 13 Slide-step left back and pop right knee forward
- 14 Slide-step right back and pop left knee forward
- 15 Slide-step left, back and pop right knee forward
- & Step to right on ball of right (slightly back)
- 16 Step to left on ball of left (parallel with right)
- & Rock-step back on ball of right foot

STEP, TURN, &/TURN, TURN, &/TURN, TURN, &/TURN, PIVOT/&

- 17 Step left forward (left toe out, beginning ¼ turn left)
 - 18 Step right forward and finish turning ¼ left (12:00)
 - & Step left beside right
 - 19 Turn ¼ right (3:00) and step right forward
 - 20 Step left forward and turn ¼ right (6:00)
 - & Step right beside left
 - 21 Step left forward and turn ¼ left (3:00)
 - 22 Step right forward and turn ¼ left (12:00)
 - & Step left beside right
 - 23 Turn ¼ right (3:00) and step right forward
- Counts 24 and 5 are a continuous, smooth-flowing motion**
- 24 Step forward on ball of left and pivot ¼ right (6:00)
 - & (Continuing pivot on ball of left) turn ¼ right (9:00) and step right forward

TURN/STEP, TURN, BEHIND, SIDE, &/CROSS, TURN, STEP, TURN/&

- 25 Step left forward and turn ¼ right (12:00)
- 26 Step right behind left

- & Step left to left
- 27 Cross right over left
- 28 Step left to left
- & Step right to right (slightly back)
- 29 Cross left over right

Styling note: On count 30, angle body toward right (toward 3:00 wall) and pop right elbow to right as you begin to execute this turn)

- 30 Rock-step right to right and turn $\frac{1}{4}$ left (9:00)
- 31 Step left forward
- 32 Step right forward and turn $\frac{1}{4}$ left (6:00)
- & Step left beside right

REPEAT
