

These Islands (Of Aloha)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Doug Miranda (USA) & Jackie Snyder (USA)
音樂: 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).
