Island Get Away!



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Levi J. Hubbard (USA)

音樂: I Need a Breather - Darryl Worley



(RIGHT) CROSS TOUCH, SWING AROUND, COASTER STEP, (LEFT) CROSS TOUCH, SWING AROUND, COASTER STEP

1 Cross touch right in front of left

2 Swing right foot out and around (toe touching floor) going into coaster step

3 Step back on (ball of) right foot

&4 Step together on (ball of) left foot, step forward on right

5 Cross touch left in front of right

6 Swing left foot out and around (toe touching floor) going into coaster step

7 Step back on (ball of) left foot

&8 Step together on (ball of) right foot, step forward on left

STEP FORWARD, ½ TURN (LEFT), TOUCH TOGETHER, SHUFFLE BACKWARD, BACK ROCK-RECOVER, STEP-LOCK-FORWARD

9 Step right forward

10 Pivot on (ball of) right foot ½ turn left, while touching left toe together

11&12 Shuffle backward, stepping (left-right-left)

13 Step (rock) right backward, slightly lifting left foot off floor

14 Step left back to floor (recover)

15&16 Step lock forward, stepping (right-left-right)

STEP FORWARD, ½ PIVOT (RIGHT), STEP FORWARD, ¼ PIVOT (RIGHT), CROSS OVER, SIDE TOUCH, CROSS STEP, ¾ UNWIND

17 Step left forward

On (balls of) both feet, pivot ½ turn right

19 Step left forward

20 On (balls of) both feet, pivot ¼ turn right

Cross step left over right foot
 Touch right toe out to side
 Cross step right over left foot
 Unwind ¾ turn left (weight on right)

BACK ROCK-RECOVER, ½ SHUFFLE TURN (RIGHT), BACK ROCK-RECOVER, ¾ TURN (LEFT)

25 Cross step (rock) left slightly lifting right foot off floor

26 Lower right foot back to floor (recover)
27&28 Shuffle ½ turn right, stepping (left-right-left)

29 Step (rock) right backward, slightly lifting right foot off floor

30 Lower left foot back to floor

Turning ¼ turn left, step right to side
Turning ½ turn left, step left to side

REPEAT

TAG

After the 4th wall there is an extra 8 beats of music do the following:

Step right forward
½ pivot turn left

3&4 Shuffle forward stepping (right-left-right)

5 Step left forward,6 ½ pivot turn right

7&8 Shuffle forward stepping (left-right-left)

RESTART

On the 8th wall you will dance up to count 26 then bump left-right-left for 27&28 then start from the beginning