

The Island

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Jan Wyllie (AUS)
音樂: Make Me an Island - Joe Dolan



FORWARD ROCK RETURN, & STEP ½, STEP FORWARD & PIVOT ½, STEP FORWARD & STEP TOGETHER

1-2 Rock/step forward on right keeping left in place, step back on left
& Making ½ right step forward on right
3& Step forward on left, pivot ½ right transferring weight to right
4& Step forward on left, step right, beside left

SIDE ROCK RETURN & SIDE ROCK RETURN & TOUCH

5-6 Side/rock left to left keeping right in place, rock weight sideways onto right
& Step left beside right
7-8& Side/rock right to right keeping left in place, rock weight sideways onto left, touch right beside left

FORWARD ROCK RETURN, & STEP TOGETHER, ½ LEFT, & ½ LEFT, ½ LEFT, & STEP TOGETHER

9-10& Rock/step forward on right keeping left in place, rock back on left, step right beside left
11 Making ½ left back over left shoulder step forward on left
& Making a further ½ left step back on right
12& Making a further ½ left step forward on left, step right beside left

FORWARD ROCK RETURN, & STEP TOGETHER, ROCK BACK, ROCK FORWARD

13-14& Rock/step forward on left keeping right in place, rock back onto right, step left beside right
15&16 Rock/step back on right, hook left across right, rock forward onto left

¼ ROCK ¼ RETURN, & ½ TURN, ¼ ROCK ¼ RETURN, & ½ TURN

17 Rock/step forward on right making ¼ left (keep left in place)
18& Making ¼ right rock weight back onto left, making ½ right step forward on right
19 Step forward on left making ¼ right (keep right in place)
20& Making ¼ left rock weight back on to right, making ½ left step forward on left

¼ ROCK RETURN, & ½ TURN, STEP FORWARD & PIVOT ½, STEP FORWARD & PIVOT ½

21 Rock/step forward on right making ¼ left (keep left in place)
22& Making ¼ right rock weight back onto left, making ½ right step forward on right
23& Step forward on left, pivot ½ right transferring weight to right
24& Step forward on left, pivot ½ right transferring weight to right

FORWARD ROCK RETURN, & ½ TURN, STEP FORWARD & PIVOT ½, STEP FORWARD & STEP TOGETHER

25-26 Rock/step forward on left keeping right in place, rock back on right,
& Making ½ left step forward on left
27& Step forward on right, pivot ½ left transferring weight to left
28& Step forward on right, step left beside right

FORWARD ROCK RETURN, & TOUCH UNWIND ½

29-30 Rock/step forward on right keeping left in place, rock back on left
& Step right beside left
31-32 Touch left toe straight back, unwind ½ left dropping left heel to floor

REPEAT

Rosie gave me this music and requested the dance - thanks for that. The song is in fast waltz timing, but I have chosen NOT to do a waltz
