

Back To The Island

拍數: 64 牆數: 2 級數: Intermediate social cha
編舞者: Charlotte Skeeters (USA)
音樂: Back to the Island - Jimmy Buffett



CROSS, ¼, SHUFFLE ½, FORWARD, RECOVER, BACK, CROSS, BACK

1-2 Right cross over left, execute ¼ turn right as you step back onto left
3&4 Continue turning as you shuffle into ½ turn right stepping right, left, right
5-6 Left rock forward, recover back onto right
7&8 Left step back, right cross over left, left step back

BACK, FORWARD, SIDE, TOGETHER, SIDE, CROSS, RECOVER, SIDE, TOGETHER, SIDE

1-2 Right rock back, left rock forward
3&4 Right step side right, left step next to right, right step side right
5-6 Left cross over right, recover back onto right
7&8 Left step side left, right step next to left, left step side left

CROSS, ¼, SHUFFLE ½, FORWARD, RECOVER, BACK, CROSS, BACK

1-2 Right cross over left, execute ¼ turn right as you step back onto left
3&4 Continue turning as you shuffle into ½ turn right stepping right, left, right
5-6 Left rock forward, recover back onto right
7&8 Left step back, right cross over left, left step back

BACK, FORWARD, SIDE, TOGETHER, ¼, FORWARD, ½ PIVOT, ¼, HOLD

1-2 Right rock back, left rock forward
3&4 Right step side right, left step next to right, right step side right into ¼ turn right
5-6 Left step forward, pivot ½ turn right (weight ends on right)
7-8 Continue turning right into ¼ turn as you step a long step back on left, hold

SWAYS: BACK, RECOVER, ¼, RECOVER, BACK, RECOVER, FORWARD, HOLD

Next 1-6 should be executed with swaying motion

1-2 Right step back (raise left heel) and sway your body back: recover onto left
3-4 Turn ¼ left as you step side right and sway body to right, recover onto left
5-6 Right step back (raise left heel) and sway body back, recover onto left
7-8 Right step forward, hold

BACK, SHUFFLE ½, FORWARD, BACK, BACK, CROSS, BACK, SWEEP

1-2&3 Left step back, shuffle into ½ turn right stepping right, left, right
4-5 Left rock forward, right rock back
6&7 Left step back, right cross over left, left step back
8 Sweep right foot around to the right ending behind left (weight is still left)

BEHIND, SIDE, CROSS, HOLD OR TAP, RECOVER, SIDE, TOGETHER, SIDE, BRUSH-UP

1-4 Right step behind left, left step side left, right cross over left, hold or tap left behind right
5-6&7 Left step behind right, right step side right, left step next to right, right step *long* side right
8 Left brush-up behind right (you can almost start a ¼ turn left which comes up next)

¼, CROSS, SIDE, SIDE, CROSS, SIDE, HOLD, SAILOR

1-2 Turn ¼ turn left as you step forward on left, right cross over left
3&4 Left step side left, right step side right, left cross over right
5-6 Right step *long* side right, hold

7&8 Left cross behind right, right step side right, left step side left (sailor)

REPEAT

TAG

At the end of second repetition do these 16 counts one time only. You will be facing front wall

1-4 Right cross over left, recover back to left, right step side right, recover to left

5-67&8 Right cross over left, recover back to left, shuffle into $\frac{1}{2}$ turn right stepping right, left, right

1-4 Left cross over right, recover back to right, left step side left, recover to right

5-67&8 Left cross over right, recover back to right, shuffle into $\frac{1}{2}$ turn left stepping left, right, left

Start dance again from the beginning
