

# I'm An Island

拍數: 48      牆數: 4      級數:  
編舞者: Dave Munro (UK) - August 2007  
音樂: Alone - Lucie Silvas : (Album: The Same Side)



**Intro 16 counts. (Lots of hip action throughout!)**

**R Cross. L Scissor cross. R Step side. L Coaster 1/4 turn. Syncopated 1/2 pivot Step.**

1            Step Right across Left.  
2&3        Step Left to left side, drag Right to end beside Left, Cross Left in front of Right.  
4            Step Right to right side.  
5&6        Cross Left behind Right, 1/4 turn left stepping Right beside Left, Step Left forward.  
7&8        Step Right forward, pivot 1/2 turn left stepping onto Left, Step forward Right. (3:00)

**L Cross. R Scissor cross. L Step side. R Coaster 1/4 turn. Syncopated 1/2 pivot Step.**

1            Step Left across Right.  
2&3        Step Right to right side, drag Left to end beside Right, Cross Right in front of Left.  
4            Step Left to left side.  
5&6        Cross Right behind Left, 1/4 turn right stepping Left beside Right, Step Right forward.  
7&8        Step Left forward, pivot 1/2 turn right stepping onto Right, Step forward Left. (12:00)

**R Rocks Forward, Side & Back. R Step Forward. L Rocks Forward, Side & Back. L Step forward.**

1&2&        Rock Right forward, Recover onto Left in place, Rock Right to right side, Recover onto Left in place.  
3&4        Rock Right back, Recover onto Left in place. Step Right forward.  
5&6&        Rock Left forward, Recover onto Right in place, Rock Left to left side, Recover onto Right in place.  
7&8        Rock Left back, Recover onto Right in place, Step Left forward. (12:00)  
Styling note:    Push hips forward, side & back as foot rocks forward, side & back.

**Right Shuffle Back. Full turn Left. Left Coaster. Right & Left Skate.**

1&2        Step Right back, close Left beside Right, Step Right back.  
3-4        1/2 turn left stepping Left forward, 1/2 turn left stepping Right back.  
5&6        Step Left back, Step Right beside Left, Step Left forward.  
7-8        Skate forward Right and Left. (12:00)

**R Shuffle Diagonal right. L Mambo 1/4 turn. R Shuffle Diagonal left. L forward Mambo.**

1&2        Step Right to right forward diagonal (1:30), close Left beside Right, Step Right forward.  
3&4        Rock Left forward to diagonal (1:30), recover onto Right, 1/4 turn left step Left forward to face (10:30).  
5&6        Step Right to left forward diagonal (10:30), close Left beside Right, Step Right forward.  
7&8        Rock Left forward to left diagonal (10:30), recover back onto Right, Step Left back.

**Right Sailor 1/8 turn. Left Sailor 1/2 turn. R Step 1/2 Pivot L. R Step 1/4 Pivot L.**

1&2        1/8 turn right stepping Right behind Left, Step Left slightly left, step Right slightly right.  
3&4        1/4 turn left step Left behind Right, Step Right in place, 1/4 turn left step Left forward.  
5-6        Step forward Right, Pivot 1/2 turn left (weight ending on Left).  
7-8        Step forward Right, Pivot 1/4 turn left (weight ending on Left). (9:00)  
Styling note:    Counts 5-6 , 7-8 Push hips forwards and roll pelvis in a clockwise direction.

**Repeat from Start.**

[EMail](#)