

Island Girl

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - January 2009
音樂: Island Girl - Dr. Victor & The Rasta Rebels : (CD: If You Wanna Be Happy)



For our 2009 'In Motion On The Ocean' Western Caribbean Dance Cruise

Start after 64 count intro on verse vocals NOT on chorus

As an alternative you can use Coco Jambo by Mr President (start after 32 count intro on chorus vocals) – 100 bpm

(1-8) R Turning Box Completing ½ Turn R

1&2 Step R side, step L together, step R back
3&4 Turning ¼ left step L side, step R together, step L forward
5-8 Repeat counts 1-4 (6 o'clock)

(9-16) Merengue R, L Cross Rock ¼ L, R Fwd, ½ L Pivot Turn, R Fwd

1&2& Step R side, step L together, step R side, step L together
3&4 Step R side, step L together, step R side
5&6 Cross rock L over R, recover weight on R, turning ¼ left step L forward
7&8 Step R forward, pivot ½ left, step R forward (9 o'clock)

(17-24) Merengue L, R Cross Rock ¼ R, L Fwd, ½ R Pivot Turn, L Fwd

1&2& Step L side, step R together, step L side, step R together
3&4 Step L side, step R together, step left to left side
5&6 Cross rock R over L, recover weight on L, turning ¼ right step R forward
7&8 Step L forward, pivot ½ right, step L forward (6 o'clock)

(25-32) R Fwd Rock Recover ½ R Turn, L & R Fwd Sexy Hip Bumps, L Fwd, ½ R Pivot Turn, L Fwd

1&2 Rock R forward, recover weight on L, turning ½ right step R forward
3&4 Stepping L forward bump hips L/R/L
5&6 Stepping R forward, bump hips R/L/R
7&8 Step L forward, pivot ½ right, step L forward (6 o'clock)

(33-40) Calypso Figure 8 Over The Next 12 Counts (Use Hip Pushes As You Shuffle Round)

1&2 On a right diagonal step R forward, step L together, step R forward
3&4 Turning left as if on the top of a figure '8' step L forward, step R together, continuing to turn left step L forward
5&6 Turning to L diagonal (11 o'clock) step R forward, step L together, step R forward
7&8 Turning right as if on the bottom of a figure '8' step L forward, step R together, continuing to right left step L forward (6 o'clock)

(41-48) Final 4 Counts Of Figure 8, R Fwd Mambo, L Back Mambo

1&2 Turning back again towards R diagonal (7 o'clock) step R forward, step L together, step R forward
3&4 Squaring up to front wall step L forward, step R together, step L forward
5&6 Rock R forward, recover weight on L, step R together
7&8 Rock L back, recover weight on R, step L together (6 o'clock)

(49-56) ¼ R Heel Grind, R Ball Cross Shuffle, ¾ Reverse Turn, R Fwd, ¼ L Pivot, R Cross Step

1-2 Touch R heel to right diagonal, grind & turn it ¼ right keeping weight on L
&3&4 Step R back, cross step L over R, step R side, cross step L over R

5-6 Turning $\frac{1}{4}$ left step R back, turning $\frac{1}{2}$ left step L forward
7&8 Step R forward, pivot $\frac{1}{4}$ left, cross step R over L (9 o'clock)

(57-64) $\frac{1}{4}$ L Heel Grind, L Ball Cross Shuffle, $\frac{3}{4}$ Reverse Turn, L Fwd, $\frac{1}{2}$ R Pivot, L Cross Step

1-2 Touch L heel to left diagonal, grind & turn it $\frac{1}{4}$ left keeping weight on R

&3&4 Step L back, cross R over L, step L side, cross step R over L

5-6 Turning $\frac{1}{4}$ right step L back, turning $\frac{1}{2}$ right step R forward

7&8 Step L forward, pivot $\frac{1}{4}$ right, cross step L over R (6 o'clock)

TAG: At the END of wall 3 ADD the following 4 count tag as you face back wall and begin again:

1&2 Bump hips R/L/R

3&4 Bump hips L/R/L

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