

I'm An Island

48 count, 4 wall, intermediate level

Choreographer: Dave Munro (UK) Aug 2007

Choreographed to: Alone by Lucie Silvas, Album: The Same Side (94 bpm)

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.