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| The Island |  |

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| . |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Séverine Fillion (FR) - September 2016 |
| **Music:** | The Island - Shauna McStravock |
| . |

**Intro : 18 counts (No Tag, No Restart)**

**[1-8] HEEL SWITCH, SCUFF HITCH STOMP, TOE & HEEL TOUCHES, COASTER STEP**

|  |  |
| --- | --- |
| 1&2& | Touch right heel fwd, recover on right, Touch left heel fwd, recover on left |

|  |  |
| --- | --- |
| 3&4 | Scuff right, Hitch right knee, right Stomp cross over left |

|  |  |
| --- | --- |
| 5&6 | Touch left toe just behind right, recover on left, Touch right heel fwd |

|  |  |
| --- | --- |
| 7&8 | Right back, left next to right, right fwd |

**[9-16] HEEL SWITCH, SCUFF HITCH STOMP, TOE & HEEL TOUCHES, COASTER STEP**

|  |  |
| --- | --- |
| 1&2& | Touch left heel fwd, recover on left, Touch right heel fwd, recover on right |

|  |  |
| --- | --- |
| 3&4 | Scuff left, Hitch left knee, left Stomp cross over right |

|  |  |
| --- | --- |
| 5&6 | Touch right toe just behind left, recover on right, Touch left heel fwd |

|  |  |
| --- | --- |
| 7&8 | Left back, right next to left, left fwd |

**[17-24] HEEL GRIND & HEEL GRIND & HEEL GRIND ¼ TURN R, COASTER STEP**

|  |  |
| --- | --- |
| 1-2 | Push right heel on the ground and swivel right toe to the right |

|  |  |
| --- | --- |
| & | Recover on right next to left |

|  |  |
| --- | --- |
| 3-4 | Push left heel on the ground and swivel left toe to the left |

|  |  |
| --- | --- |
| & | Recover on left next to right |

|  |  |
| --- | --- |
| 5-6 | Push right heel on the ground and swivel right toe to the right with ¼ turn right 3 :00 |

|  |  |
| --- | --- |
| 7&8 | Right back, left next to right, right fwd |

**[25-32] TRIPLE STEP FWD, STEP ½ TURN L, ¼ TURN L & SIDE TRIPLE, BEHIND SIDE CROSS**

|  |  |
| --- | --- |
| 1&2 | Triple step left – right – left fwd |

|  |  |
| --- | --- |
| 3-4 | Right step fwd, Turn ½ left (weight on left) 9 :00 |

|  |  |
| --- | --- |
| 5&6 | Turn ¼ left and Triple step right – left – right to right side 6 :00 |

|  |  |
| --- | --- |
| 7&8 | Left cross behind right, right to right, left cross over right |

**[33-40] KICK BALL CROSS, KICK BALL CROSS, SIDE ROCK, SAILOR STEP**

|  |  |
| --- | --- |
| 1&2 | Kick right fwd, right next to left, left cross over right |

|  |  |
| --- | --- |
| 3&4 | Kick right fwd, right next to left, left cross over right |

|  |  |
| --- | --- |
| 5-6 | Rock step right to right side, recover on left |

|  |  |
| --- | --- |
| 7&8 | Right cross behind left, left to left, right to right |

**[41-48] SAILOR STEP, BEHIND SIDE CROSS, PADDLE FULL TURN LEFT**

|  |  |
| --- | --- |
| 1&2 | Left cross behind right, right to right, left to left |

|  |  |
| --- | --- |
| 3&4 | Right cross behind left, left to left, right cross over left |

|  |  |
| --- | --- |
| 5&6&7&8 | Full turn left in place started by left foot : L – R – L – R – L – R – L |

**[49-56] CROSS ROCK & CROSS ROCK & STEP ½ TURN L, WALK, WALK**

|  |  |
| --- | --- |
| 1-2& | Cross Rock right over left, recover on left, right next to left |

|  |  |
| --- | --- |
| 3-4& | Cross Rock left over right, recover on right, left next to right |

|  |  |
| --- | --- |
| 5-6 | Right step fwd, Turn ½ left (weight on left) 12 :00 |

|  |  |
| --- | --- |
| 7-8 | Walk fwd on right, on left |

**[57-64] CROSS ROCK, SIDE TRIPLE STEP, CROSS ROCK, ¼ TURN L & TRIPLE FWD**

|  |  |
| --- | --- |
| 1-2 | Cross Rock right over left, recover on left |

|  |  |
| --- | --- |
| 3&4 | Triple step right – left – right to right side |

|  |  |
| --- | --- |
| 5-6 | Cross Rock left over right, recover on right |

|  |  |
| --- | --- |
| 7&8 | ¼ turn left and Triple step left – right – left fwd 9 :00 |

**START AGAIN & ENJOY !**