

# Workout on the Island AB

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Ivan Rundgren (SWE) - July 2023

Music: Islands in the Stream (Workout Remix) - Power Music Workout



Intro: 32 C

## SEC. 1 - TOE STRUT X3 – ROCK STEP

- 1 2 Step R toe fwd (1) drop R heel (2)
- 3 4 Step L toe fwd (3) drop L heel (4)
- 5 6 Step fwd R (5) kick L diagonal fwd R (6)
- 7 8 Step fwd L (7) recover to R (8)

## SEC. 2 - K STEP – STEP BACK – TOUCH – STEP – TOGETHER

- 1 2 Step L diagonal back (1) touch R next to L (2)
- 3 4 Step R diagonal back (3) touch L next to R (4)
- 5 6 Step L diagonal back (5) touch R next to L (6)
- 7 8 Step R to R side (7) step L next to R (8)

## SEC. 3 - R VINE WITH A SCUFF – L VINE W/ A SCUFF

- 1 2 Step R to R side (1) cross L behind R (2)
- 3 4 Step R to R side (3) scuff diagonal fwd R (4)
- 5 6 Step L to L side (5) cross R behind L (6)
- 7 8 Step L to L side (7) scuff diagonal fwd L (8)

## SEC. 4 - CROSS – SIDE – 1/2 TURN R – TOUCH – TRIPLE TURN L – TOUCH

- 1 2 Cross R over L (1) step L to L side (2)
- 3 4 1/2 turn R stepping R to R side (3) touch L next to R (4)
- 5 6 1/4 turn L stepping fwd L (5) 1/4 turn L stepping R to R side (6) EZ OPTION: L vine 1/4 turn L
- 7 8 1/2 turn L stepping fwd L (7) touch R next to L (8)

Restart after 16 count during wall 5 and 10 facing (12,00)

Ending: change count (7 8) section 2, to point back R (7) pivot 1/2 turn R (8)

Start over again!

Don't forget to like and subscribe ☐

Have fun & happy dancing, hugs from Sweden ☐

Contact: [ivan.rundgren@gmail.com](mailto:ivan.rundgren@gmail.com)

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