Islands In The Stream (河溪中的島嶼) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Karen Jones (UK) - 1999年05月
Musique: Islands in the Stream - Dolly Parton & Kenny Rogers

第一段	**Side, Back Rock, Recover, Chasse Right, Cross, Full Turn, Chasse Left** **側, 後下沉, 回復, 右追步, 交叉, 轉圈, 左追步**
1-3	Left Foot Step Side Left, Right Foot Rock Behind Left Left Foot, Recover Weight 左足左側踏，右足在左足後下沉，重心回復
4&5	Right Foot Side Step, Left Foot Close Next To Right, Right Foot Step To Right Side（向右追步）
6-7	Left Foot Cross Over Right, Unwind A Full Turn Right (Weight Ending On Right Foot) 左足交叉於右足前，向右轉一圈
8&1	Left Foot Side Step, Right Foot Close Next To Left, Left Foot Step To Left Side （向左追步）
第二段	**Back Rock, Recover, Kick Ball Cross, Side Rock, Recover, Right Sailor Step 後下沉, 回復, 踢交換交叉, 側下沉, 回復, 右水手步**
2-3	Right Foot Rock Behind Left, Recover On To Left Foot 右足在左足後下沉，左足回復
4&5	Right Foot Kick Diagonally Forward, Step Back Slightly On Ball Of Right Foot, Left Foot Cross Over Right 右足右前斜對角踢，右足後踏，左足在右足前交叉踏
6-7	Right Foot Rock Out To Right Side, Recover Weight On To Left Foot 右足右側下沉，左足回復（重心移至左足）
8&1	Right Foot Step Behind Left, Left Foot To Left Side, Right Foot Replace Slightly To Right Side （右水手步）右足在左足後踏，左足左側踏，右足右側踏
第三段	**Left Sailor With ¼ Turn Left, Right Forward Shuffle, ½ Turn Back To Right, Hold, Rock Back, Recover Forward** **左轉1/4左水手步, 右前交換步, 右後轉1/2, 候, 後下沉, 前回復**
2&3	Left Foot Behind Right, ¼ Left Stepping Right Foot To Right Side, Replace Left （左水手步左轉）左足在右足後踏，右足左轉右側踏，左足踏
4&5	Right Shuffle Forward (Stepping Right Together Right) （往前交換步）左足前踏，右足踏並
6	Pivot ½ Turn Right Stepping Weight Back On To Left Foot While Pivoting On Ball Of Right Foot 以右足掌右後轉180度，左足後踏（重心左足）
7	Hold 候
8-1	Right Foot Rock Back, Recover Weight Forward On To Left Foot 右足後下沉，左足前回復
第四段	**Prissy Walk Right, Left, Reverse Sailor Step, Syncopated Jazz Box** **右拘謹走步, 左, 反向水手步, 變奏爵士方塊**

2-3 Right Foot Cross Over Left Angling Body To Left Corner, Left Foot Cross Over Right Angling Body To Right Corner
右足交叉於左足前，左足交叉於右足前

Alternative Easier Steps: 簡易版: 走步(右, 左)
Just Walk Forward Right Left On Balls Of Feet To Enable The Angling Of The Body

4&5 Right Foot Cross Over Left, Left Ball Of Foot Step To Left Side, Right Foot Replace Slightly To Right Side
右足交叉於左足前，左足掌左側踏，右足右側踏

Alternative Easier Steps: 簡易版
Triple In Place Right Left Right 小三步(右, 左, 右)

6-7 Left Foot Cross Over Right, Right Foot Step Back
左足交叉於右足前，右足後踏

&8 Left Foot Step Back Slightly Further Than Right Foot, Right Foot Cross Over Left 左足略在右足後踏，右足交叉於左足前