

Island Life

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Cessily Greene (USA) - January 2025
音樂: Island Life - Janet Jackson



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts Janet starts singing lyrics.

(STEPS BEFORE JANET STARTS SINGING LYRICS VARY AND SOME DO NONE AT ALL)

PART 1: 16 COUNTS

RIGHT UP, BACK, SIDE, LEFT UP

1 2 3 4 Tap right foot up, recover, tap right back, recover
5 6 7 8 Tap right foot to side, recover, tap left foot up, recover

LEFT BACK, SIDE, SHUFFLE QUARTER S RIGHT

1 2 3 4 Tap left foot back, recover, tap left foot side, recover
5&6 7 8 Shuffle RLR making quarter turn right, shuffle RLR making quarter turn right to face 6:00

REPEAT PART 1 TO END FACING FRONT WALL

PART 2 : 16 COUNTS

QUARTER TURN LEFT, BACK WALKS RIGHT, KICK, HALF TURN RIGHT, BACK WALKS TO LEFT, KICK

1 2 3 4 Make quarter left turn in place to face 9:00 and walk back RLR lift left foot
5 6 7 8 Make half right turn in place to face 3:00 and walk back LRL lift right foot

QUARTER TURN RIGHT, BACK WALKS, KICK, BACK PADDLES TO FACE FRONT

1 2 3 4 Make quarter turn right in place to face front and walk back RLR lift left foot
5 6 7 8 Tap left foot back and push off backwards paddles, do three paddles to face front

REPEAT PART 2 TO END FACING FRONT WALL

PART 3 : 16 COUNTS

JUMPS UP AND BACK – BOOGYT!

1 2 3 4 Jump up on both feet and bounce/boogy for 4 counts
5 6 7 8 Jump back and bounce/ boogy for 4 counts

RIGHT UP TOGETHER, SIDE TOGETHER, BRING IT BACK

1 2 3 4 Step on right up, bring left to right, step left home, right together
5 6 7 8 Step on right to side, bring left together, step left to left, right together

REPEAT PART 3 16 COUNTS

REPEAT ENTIRE DANCE

DANCE BRIDGE

STEP KICK 1,2 TO LEFT, STEP KICK 1,2 TO RIGHT

1 2&3 4 Small step to right, kick left on 2 for 2, step left, right, bounce
5 6&7 8 Small step to left, kick right on 2 for 2, step right, left, bounce

“CROSS NOT CROSS” /SIDE SHUFFLE AND KICKS TO RIGHT THEN LEFT, LR TAPS, HALF RIGHT TURN

1&2&	Step going right on right, step on left on &, right on 2, kick left on &
3&4&	Step going left on left, step on right on &, left on 2, kick right on &
5 6 7 8	Tap left forward, tap right forward, step on left forward, complete half right turn on right face
	6:00

REPEAT BRIDGE TO END FACING FRONT

REPEAT PART 2 AND SAY WHOO! WHEN YOU WALK BACK FOR THE LAST TIME

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com
