

HEDY MCADAMS'

# "Shipwrecked"

A 32-count, 2-wall, challenging-intermediate-level line dance, published August 1997

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This step sheet's update: **July 2011** ~ If you are reading hard copy, please check website for subsequent updates.

Music/tempo: Recommended: "SHIPWRECKED" by The Island Cowboys, 16-ct. lead, 88 bpm  
Alternative: Ideal tempo: 76-90 bpm – ideal rhythm: reggae/caribbean, or nightclub 2-step  
Teaching: "Do Ya" by K.T. Oslin, 16-ct. lead, 80 bpm, from 80's Ladies CD

## **A** SIDE – ROCK – RECOVER – SIDE &/TURN – ForwTURN – TURN – FORWARD/&

Home/original wall=12:00 o'clock, begin with weight left (L).

- 1 Step R to right
- 2 Rock-step L forward
- 3 Rock-step on R (in place)
- 4 Step L to left
- & Step R beside L
- 5 Turn ¼ left [9:00] and step forward on L
- 6 Step forw. on ball of R and pivot ¼ left<sup>A</sup> [6:00]
- 7 (continuing pivot on ball of R) Step L ¼-left<sup>A</sup> [3:00]
- 8 Step R forward
- & Step L beside R

<sup>A</sup>Styling note: counts A6 and A7 are a continuous, smooth-flowing movement.

## **B** FORW – ROCK – RECOVER – BACK &/BACK – SLIDE – SLIDE – OUT/OUT/&

You should be facing 3:00 wall, now, and your weight is L.

- 1 Step R forward
- 2 Rock-step L forward
- 3 Rock-step on R (in place)
- 4 Step L back
- & Step R back
- 5 Slide-step<sup>B</sup> L back and pop R knee forward
- 6 Slide-step<sup>B</sup> R back and pop L knee forward
- 7 Slide-step<sup>B</sup> L back and pop R knee forward
- & Step to right on ball of R (slightly back)
- 8 Step to left on ball of L (parallel with R)
- & Rock-step back on ball of R foot

<sup>B</sup>Styling note: "Slide-step"(counts B5, B6, B7) = slide ball of unweighted foot back, slightly past weighted foot, then put weight on heel and "pop" knee of weighted leg forward, as heel of unweighted foot comes down.

**Option for less experienced dancers:** simply step back on counts B5-7, L-R-L

### Honors & Awards

- Tied for Overseas Dance of the Year in New Zealand in 1998 (with Hedy McAdams' "Love Letters").
- First Place for original choreography at the Golden Gate Classic, September 1998.

## **C** FORWARD – TURN/TOG – TURN – TURN/TOG TURN – TURN/TOG – TURN – TURN/TURN

You should be facing 3:00 wall, now, and your weight is R.

- 1 Step L forward (L toe out, OK to begin ¼ turn left)
- 2 Step R forw. and (complete) turn ¼ left [12:00]
- & Step L beside R
- 3 Turn ¼ right [3:00] and step R forward
- 4 Step L forward and turn ¼ right [6:00]
- & Step R beside L
- 5 Turn ¼ left [3:00] and step L forward
- 6 Step R forward and turn ¼ left [12:00]
- & Step L beside R
- 7 Turn ¼ right [3:00] and step R forward
- 8 Step forw. on ball of L and turn ¼ right<sup>C</sup> [6:00]
- & (continuing pivot on ball of L) Turn ¼ right [9:00] and step R forward<sup>C</sup>

<sup>C</sup>Styling note: counts C8 and C8& are a continuous, smooth-flowing movement.

## **D** TURN – BEHIND/SIDE – CROSS – SIDE/BACK CROSS – SIDE – TURN – TURN/TOGETHER

You should be facing 9:00 wall, now, and your weight is R.

- 1 Step L forward and turn ¼ right [12:00]
- 2 Step R behind L
- & Step L to left
- 3 Cross R over L
- 4 Step L to left
- & Step R to right (*slightly back*)
- 5 Cross L over R
- 6 Rock-step R to right and turn ¼ left<sup>D</sup> [9:00]
- 7 Step L forward
- 8 Step R forward and turn ¼ left [6:00]
- & Step L beside R

<sup>D</sup>Styling note: count D6 angle body toward right (toward 3:00 o'clock wall), and pop R elbow to right as you begin to execute this turn.

## **BEGIN AGAIN**

Reset "clock" at 12:00.