

# HEDY MCADAMS: "Shipwrecked"

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

Choreographer: **HEDY McADAMS**, Palo Alto, CA ~ phone/fax: 650-322-6760 ~ hedy@DanceAdventures.com  
 Teaching Note: To confirm that you have the latest step sheet, contact Hedy or visit her web site: [www.DanceAdventures.com](http://www.DanceAdventures.com)  
 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  
 Fair use: This step description may be freely copied and distributed, provided that it is the choreographer's version. Out of respect for the choreographer's effort and artistic integrity, please do not modify, rewrite, or publish an alternative step description without the express permission of the choreographer. RELEASED: AUGUST 1997]    VERSION: SHIP 10723    PRINT DATE: July 22, 2001

## **A** | SIDE, ROCK, RECOVER, SIDE &TURN, PIVOT, PIVOT, STEP&

*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 <i>(in place)</i>   |
| 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><br>[6:00]          |
| 7 | <i>(continuing pivot on ball of R)</i> 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** | STEP, ROCK, RECOVER, BACK &BACK, SLIDE, SLIDE, SIDE/SIDE&

*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 <i>(in place)</i>                      |
| 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 <i>(slightly back)</i>     |
| 8 | Step to left on ball of L <i>(parallel with R)</i>    |
| & | 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

Awards: This dance tied for first place (along with another Hedy dance—"Love Letters") for most influential overseas dance in New Zealand 1997-8. Also, it won first place for original choreography at the Golden Gate Classic in September, 1997.

## **C** | STEP, TURN, &TURN, TURN &TURN, TURN, &TURN, PIVOT&

*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 <i>(complete)</i> 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 pivot ¼ right <sup>C</sup><br>[6:00]                           |
| & | <i>(continuing pivot on ball of L)</i> 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/&, CROSS, SIDE/& CROSS, ROCK, FORWARD, TURN/&

*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 <i>(slightly back)</i>                   |
| 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.