

LONELY ISLAND

Music: Ernesto Cortazar
Cd: Blue Waters
<https://music.apple.com/nl/album/blue-waters/325500727>
Track # 10 Time 3:55 Cut from 3.28 to End to time 3:28
Fade Out from 3.24 to End Slow down w/ -8% to time 3:50
Available from choreographer

Rhythm: Slow Two Step Phase: IV+1 (Passing X-Chasse) + U
Footwork: Opposite except where (Noted)
Release Date: June 25
Choreo: Jos Dierickx Beverloeseweg. 14b2 3583 Paal Belgium
Email: jos.dierickx@telenet.be
Sequence: INTRO AA BB AA B(1- 15) END



INTRO

- 01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; TWISTY VINE 3 ; MANUEVER & PIVOT 2 to WALL ;**
{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Twisty Vine 3} Trng RF sd L, -, XRib, trng LF sd & fwd L LOD to BJO DLW ; {Manuever & Pivot 2 to Wall} Fwd R trng RF to CP Wall, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R RLOD pivot ¼ RF to CP WALL ;
- 05-08 BALANCE L & R ; ; FORWARD to RIGHT LUNGE ; SLOW ROLL & SLIP ~ ;**
{Balance L & R} In CP sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib (W XRib), rec R to CP WALL ; {Fwd to Right Lunge} Fwd L soften L knee, -, heel lead fwd and sd R trng slightly LF in lunge line, extend W bk (W bk R soften R knee, bk L, stretch bk head well to left) ; {Slow Roll & Slip ~} Rotate body RF risg on R, -, sd & fwd L w/ rt sd stretch, slip bk R trng LF (W rotate RF risg on L, -, sd & fwd R look well to R, rotate to L slip fwd L) to CP LOD ~ ; [11/2 meas]

PART A

- 01-04 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to WALL ;**
(Trav X-Chasse) [Jng both hnds low] Trng LF fwd L, -, sd & fwd R, XLif (W bk R LF trn, -, bk & sd L, XRif) to DLC ; (Passing X-Chasse) Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif of W fc DRW (W bk L trng RF, -, small sd R fc COH, XLif) ; {W Passing X-Chasse} Bk L trng RF, -, small sd R fc COH, XLif (W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW) ; (Trav X-Chasse to WALL) Fwd R trng RF, -, sd & fwd L to fcg WALL, XRif (W bk R trng LF, -, bk & sd L to fcg COH, XRif) to BFLY WALL ;
- 05-08 LEFT TURN/W INSIDE ROLL ; LUNGE BASIC R ; ; RIGHT TURN/W OUTSIDE ROLL ; REVERSE UNDERARM TURN ;**
{Left Trn w/ Insd Roll} Fwd L raisg ld hnds leadg W Xg ifo M and trng the W LF fc, -, sd R, XLif (W fwd R Xg ifo M strtg a 1 ¼ LF trn under jnd ld hnds, -, fwd L cont LF trn, fwd & sd R compg LF trn) to Low Bfly COH ; {Lunge Basic R} Sd R raisg trl hnds to sd, -, rec L, XRif (W XLif) to BFLY COH ; {Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {Reverse Underarm Trn} [Relg trl hnds] sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY WALL ;
- 09-12 FOREARM SPIN to COH ; OP BREAK ; FOREARM SPIN to WALL ; SPOT TURN ;**
{Forearm Spin to Coh} Fwd L catchg her rt forearm w/palm of rt hnd push against her arm leadg her RF spin, -, fwd R trng LF, rec L to fc ptr & COH (W fwd R comm RF spin 1-1/2, -, L cont spin RF, R cont spin RF to fc ptr & Wall) ; {OP Break} Sd R, -, apt L raisg ld arms to sd, rec R to BFLY COH ; {Forearm Spin to Wall} Repeat meas 9 Part A to BFLY WALL ; {Spot Trn} [relsg both hnds] Sd R, -, XLif trn RF ½, rec R cont RF trn to fc ptr & Loose CP WALL ;
- 13-16 FULL BASIC/W WRAP to FACING LOD ; ; SWEETHEART RUN TWICE/W to PICKING UP [2^{de} TIME: OUTSIDE ROLL to FACE ; ;**
{Full Basic/W Wrap to Fcg LOD} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib bringing ld hnds over W's head to Wrap Pos, rec R trn LF (W sd L, -, XRif trng LF undr jnd ld hnds to Wrap Pos, rec L cont LF trn) to WRAP POS fcg LOD ; {Sweetheart Run /W to Pickg Up} Fwd L, -, R, L (W fwd R, -, L, R) ; Fwd R, -, L, R (W fwd L, -, fwd R trng ½ LF ifo M, cl L) to CP both hds low ; {2^{de} Time : W Outsd Roll to Fc} Fwd R Comm RF trn relsg trl hnds & jnd ld hnds to lead W to underarm roll, -, sd & fwd L, XRif cont trn to fc Wall (W fwd L, -, fwd R comm roll RF under jnd led hnds [Outsd Roll], bk R cont roll to fc) end to BFLY WALL ;

PART B

- 01-04 TWISTY VINE 3 ; MANUEVER & PIVOT 2 to WALL ; TWISTY VINE ; MANUEVER & PIVOT 2 to WALL ;**
{Twisty Vine 3} Repeat meas 3 Intro ; {Manuever & Pivot 2 to Wall} Repeat meas 4 Intro ; {Twisty Vine} Repeat meas 3 Intro ; {Manuever & Pivot 2 to Wall} Repeat meas 4 Intro ;

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05-08 CONTINUOUS TRAVELING RIGHT TURNS ; ; ; FORWARD FACE CLOSE ;

{Cont Travlg Right Trns} Foldg RF ifo W sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (*W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg*) to BJO M fcg DLW ; Fwd R outsd ptr foldg RF square to ptr & CP RLOD, -, bk L pivot ½ RF, fwd R cont RF pivot (*W bk L trng RF to square w/ ptr, -, fwd R pivot ½ RF, bk L cont RF pivot*) to approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (*W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg*) to BJO M fcg DLW ; **{Fwd Fc Cl}** Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (*W bk L LOD, -, trng RF sd R, cl L to R*) to BFLY WALL ;

09-12 BALANCE L & R ; ; TIME STEP TWICE ; ;

{Balance L & R} Repeat meas 5,6 Intro end in Bfly ; ; **{Time Step x 2}** XLib (*W XRib*) hnds extend out to sd, -, rec R, sd L hnds Xg ifo chest ; XRib (*W XLib*) hnds extend out to sd, -, rec L, sd R ;

13-16 PATTY CAKE TWICE ; ; FORWARD to RIGHT LUNGE ; SLOW RECOVER & BACK to WALL [2^{de} TIME: ROLL & SLIP] ;

{Patty Cake x 2} [*jng lf hnds*] Sd L, -, trng ¼ RF rk bk R to LOP RLOD xtnd trl arm to sd, rec L trng ¼ LF to fcg ptr (*W [jng lf hnds] sd R, -, trng RF rk fwd L xtnd ld arm to sd, rec R trng ¼ LF*) to BFLY WALL ; [*w/ jnd rt hnds*] Sd R, -, trng ¼ LF rk bk L to OP LOD xtnd ld arm to sd, rec R trng ¼ RF to fc ptr (*W [jng rt hnds] sd L, -, trng ¼ LF rk fwd R xtnd trl arm to sd, rec L trng ¼ RF to fc ptr*) to CP WALL ; **{Fwd Right Lunge}** Repeat meas 7 Intro ; **{Slow Rec & Bk to Wall}** [12] Rec sd & fwd L w/ rt sd stretch, bk R to CP Wall **{2^{de} Time:Roll & Slip}** Repeat meas 8 Intro in normal rhythm ;

ENDING

01 FORWARD to RIGHT LUNGE & HOLD ;

{Fwd Right Lunge} Fwd L soften L knee, -, heel lead fwd and sd R trng slighty LF in lunge line, Hold ;