

HEDY MCADAMS:

# "SHIPWRECKED" *Hedy McAdams*

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

Choreographer: **HEDY McADAMS**, instructor, choreographer, deejay, "CACTUS ROSE Presents," Palo Alto, CA (San Francisco Bay Area)  
(and prepared by) phone & fax: 650/322-6760 - e-mail: hedy@bjt.net - step sheet updates: <http://www.linedancefun.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  
Deejay note: **"Texas cha-cha"** is an alternative dance that works well with recommended music, to accommodate beginners.  
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.

SHIP-AG.DOC 6/12/98

## **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 (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** 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 (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**

Awards:

This dance won first place for original choreography at the Golden Gate Classic in September, 1997, and, at this printing, is one of 4 finalists for "overseas line dance of the year" in New Zealand. It is taught and requested around the world.

## **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 (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 pivot 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/&, 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 (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.