

HEDY MCADAMS:

# “SHIPWRECKED” *Hedy McAdams*

A 32-count, 4-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.

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## **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.