

## MY ISLAND SWEETHEART

Choreography by: Howard & Anna Hoffman, 305 Williams Drive, Schaumburg,  
Illinois, 60193 Phone 1-847-891-2383 Release Date 4-12-11  
E-mail to [Hofdance@aol.com](mailto:Hofdance@aol.com)

Music: Sheryl Moana Marie by the New Zealand Singers  
From the CD album Songs Of New Zealand  
Available from iTunes Music Downloads

Rhythm/Phase: Foxtrot Phase IV + 2 (Outside Spin & Check And Weave)

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B A C A Ending

### ..... INTRODUCTION (4 Measures) .....

OPN FCNG DLW W/ LEAD FEET FREE WAIT 2 MEAS;; APART POINT; PKUP & TCH  
CP LOD;

[1 & 2] In opn fcng pos DLW with lead feet free wait 2 measures;; [3] Step apart L, -, point R toward partner, -; [4] Step fwd R picking up W clsd pos LOD, -, tch L to right, -;

### ..... PART A (16 Measures) .....

DIAMOND TURN;;; TELEMAR SEMI; OPEN NATURAL; OUTSIDE SPIN; STEP BK &  
CHASSE BJO; MANUV; IMPETUS SEMI; IN & OUT RUNS;; THRU FC CL BFLY; SD  
DRAW CL BFLY; TWIRL VINE 3; PKUP SD CL;

[1 - 4] Fwd L turning lf on diag, -, continue lf turn sd R, bk L with partner outside M in CBMP; Staying in CBMP and turning lf bk R, -, sd L, fwd R outside partner in CBMP; Fwd L turning lf on diag, -, sd R, bk L with partner outside M in CBMP; Bk R continue lf turn, -, sd L, fwd R in CBMP; [5] Fwd L commence to turn lf, -, sd R continue lf turn, sd & slightly fwd L end tight semi-clsd pos; (W bk R commence to turn left bringing left beside right w/ no weight, -, turn lf on right heel [heel turn] and chng weight to L, sd & slightly fwd R end tight semi-clsd pos;) [6] Commence rf upper body turn fwd R heel to toe, -, sd L across line of dance, continue slight rf upper body turn bk R leading partner to step outside M to bjo pos; (W commence rf upper body turn bk L, -, cl R [heel turn] continue turn, fwd L outside partner to bjo pos;) [7] In CBMP prepare to lead W outside partner commence rf body turn toeing in with right side lead bk L in CBMP small step 3/8 rf turn on step 1, -, fwd R in CBMP heel to toe continue rf turn, [3/8 rf turn between steps 2 & 3] sd & bk L to end in clsd pos fcng RLOD 1/4 rf turn on step 3; (W commence rf body turn with left side lead staying well into M's right arm fwd R in CBMP outside partner heel toe, -, cl L to right pivot on toes of both feet approx 5/8 turn, continue rf turn fwd R between M's feet end clsd pos;) [8] Step bk R commence lf body turn, -, sd L/cl R, sd & slightly fwd L blnd bjo pos DLW; [9] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [10] Commence rf upper body turn bk L, -, cl R to left [heel turn] continue rf turn [usually a total of about 3/8 turn], complete turn fwd L in tight semi-clsd pos; [11 & 12] Fwd R start rf turn, -, sd & bk L DLW to clsd pos, bk R to bjo pos; Using CBM bk L turning rf, -, sd & fwd R between W's feet continue rf turn, fwd L to semi-clsd pos; [13] Toward LOD thru R, -, sd L turning to fc partner bfly pos, cl R; [14] Sd L, draw R to left with no weight chng, cl R, -; [15] With M's left and W's right hnds joined sd L, -, XRIB, sd L; (W sd & fwd R turning 1/2 rf under joined hnds, -, sd & bk L turning 1/2 rf, sd R;) [16] Toward LOD fwd R picking up W clsd pos, -, sd L, cl R;

### ..... PART B (16 Measures) .....

REVERSE TURN 1/2; CHECK & WEAVE;; THREE-STEP; FWD & RUN 2; 1 LEFT  
TURN; STEP BK & CHASSE BJO; FWD FWD/LK FWD; MANUV; IMPETUS SEMI;  
FWD HVR BJO; BK HVR SEMI; THRU & SEMI-CHASSE; THRU FC CL; TWIRL  
VINE 3; PKUP SD CL;

[1] Fwd L start lf body turn, -, sd R continue turn, bk L line of dance to clsd pos; (W bk R start lf body turn, -, cl L to right [heel turn] continue turn, fwd R to clsd pos;) [2 & 3] Slip R under body with a slight contra check action, -, fwd L commence to turn lf, sd R with right side lead & slight right side stretch preparing to lead W outside partner; With right side stretch bk L in CBMP continue approx 1/8 lf turn of the weave, bk R to momentary clsd pos continue lf turn, sd & fwd L with left side stretch, with left side stretch fwd R in CBMP outside partner; [4] Three fwd passing steps blndng to clsd pos LOD fwd L, -,

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fwd R, fwd L; [5] In clsd pos LOD fwd R, -, fwd L, fwd R; [6] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; [7] Step bk R commence lf body turn, -, sd L/cl R, sd & slightly fwd L blind bjo pos DLW; [8] Fwd R, -, fwd L/lock R in back of left, fwd L; [9] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [10] Commence rf upper body turn bk L, -, cl R to left [heel turn] continue rf turn [usually a total of about 3/8 turn], complete turn fwd L in tight semi-clsd pos; [11] Fwd R, -, sd & fwd L with slight rise, rec bk R blind bjo pos; [12] Bk L, -, sd & bk R with slight rise, rec fwd L blind semi-clsd pos; [13] Toward LOD thru R, -, fwd L/cl R, fwd L; [14] Thru R, -, sd L turning to fc partner bfly pos, cl R; [15] With M's left and W's right hnds joined sd L, -, XRIB, sd L; (W sd & fwd R turning 1/2 rf under joined hnds, -, sd & bk L turning 1/2 rf, sd R; [16] Toward LOD fwd R picking up W clsd pos, -, sd L, cl R;

## ..... PART C (16 Measures) .....

1 LEFT TURN; TO A HOVER CORTE; BACK WHISK; WEAVE 6 SEMI;; NATURAL HOVER FALLAWAY; SLIP PIVOT BJO; MANUV; IMPETUS SEMI; PROMENADE WEAVE;; FWD CHK/LADY DEVELOPE; STEP FWD & POINT; OUTSIDE SWIVEL & PKUP; 2 LEFT TURNS FC LOD;;

[1] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; [2] Bk R start lf turn, -, sd & fwd L with hovering action continue body turn, rec bk R bjo pos; [3] Bk L, -, bk & sd R, XLIB of right finishing in semi-clsd pos; [4 & 5] Fwd R DLC, -, fwd L commence lf turn, continue turn sd & slightly bk R to fc DRC; Bk L line of dance lead W to step outside to CBMP, -, bk R continue lf turn, sd & fwd L DLW semi-clsd pos; [6] Fwd R with slight rf body turn, -, fwd L on toe turning rf with slow rise, rec bk R; [7] Bk L, -, bk R commence lf turn keeping left leg extended, fwd L ending bjo pos DLW; [8] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [9] Commence rf upper body turn bk L, -, cl R to left [heel turn] continue rf turn, complete turn fwd L in tight semi-clsd pos LOD; [10 & 11] Fwd R, -, fwd L commence lf turn, sd & slightly bk R bjo pos DLC; Bk L in CBMP, bk R commence lf turn leading W to clsd pos, sd & slightly fwd L DLW, fwd R outside partner to bjo pos DLW; [12] Fwd L outside partner chng, -, -, -; (W bk R, -, bring L up right leg to inside of right knee, extend L fwd; [13] Fwd R, -, point L fwd, -; (W bk L, -, point R back, -;) [14] Bk L in CBMP, -, fwd R small step picking up W clsd pos LOD, -; (W fwd R swivel rf on ball of right foot, -, fwd L turning lf in front of partner blindng clsd pos;) [15 & 16] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn cl R ending clsd pos LOD;

## ..... ENDING (8 Measures) .....

2 LEFT TURNS FC WALL;; BOX;; 2 SD CLOSES; SIDE & THRU; TWIRL VINE 3; THRU, APART POINT;

[1 & 2] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn cl R ending clsd pos fcng wall; [3 & 4] Fwd L, -, sd R, cl L; Bk R, -, sd L, cl R; [5] Sd L, cl R, sd L, cl R; [6] Toward LOD sd & slightly fwd L, -, thru R turning rf to fc partner, -; [7] With M's left and W's right hnds joined sd L, -, XRIB, sd L; (W sd & fwd R turning 1/2 rf under joined hnds, -, sd & bk L turning 1/2 rf, sd R; [8] Toward LOD step thru R, -, step apart L, point R toward partner;

NOTE TO ROUND DANCE LEADERS . . . Although music may sound like it slows during the Ending, maintain normal rhythm that you've had throughout the dance.