

# ISOLATED

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**Count:** 32      **Wall:** 4      **Level:** Advanced

**Choreographer:** Debbie McLaughlin (Feb 09)

**Music:** Light On by David Cook

## Count in: After 4 counts, On Main Vocals

### Side, Rock, Recover, Step $\frac{1}{4}$ turn R, Sweep, Cross, Step Back, $\frac{1}{2}$ turn L, Step, $\frac{3}{4}$ turn R, Cross, Unwind

- 1-2&** Step L to L side, Rock back on R, Recover weight forward onto L
- 3-4&** Turn  $\frac{1}{4}$  R step fwd R sweeping L foot round, Cross L over R, Step back on R
- 5-6** Turn  $\frac{1}{2}$  L stepping fwd L, Step fwd R (preparing to turn Right)
- 7&8&** Turn  $\frac{1}{2}$  R stepping back L, Turn  $\frac{1}{4}$  R stepping side on R, Cross L over R, Unwind full turn R (R should now be crossed over L, facing 6 o'clock)

### Sweep, Behind, Side, Cross, $\frac{1}{4}$ turn R Step Back, Step Back, Walk L, R, Step Pivot $\frac{1}{2}$ R, Step, $\frac{1}{2}$ L Step Back

- 1-2&** Sweep R round from front to back, Cross R behind L, Step L to L side
- 3&4** Cross R over L, Turn  $\frac{1}{4}$  R stepping back L, Step back R (This is almost a back rock - Prepare to walk fwd next!)
- 5-6** Walk fwd L, Walk fwd R
- 7&8&** Step L fwd, Pivot  $\frac{1}{2}$  turn R taking weight on R, Step fwd L, Turn  $\frac{1}{2}$  L stepping back R (facing 9 o'clock)

**\* RESTART here DURING Wall 5. Turn  $\frac{1}{4}$  L into big side step L on L to start dance again. (You should be facing 6 o'clock)**

### $\frac{1}{4}$ turn Step Side, Rock, Recover, $\frac{1}{4}$ turn L Step Back, $\frac{1}{2}$ turn Sweep, Fwd Rock, Recover, $\frac{1}{2}$ turn L, Hitch $\frac{1}{4}$ turn L, Cross, Step pivot $\frac{1}{2}$ turn R, Full Turn

- 1-2&** Turn  $\frac{1}{4}$  L doing big side step L, Rock back on R, Recover weight forward onto L
- 3-4&** Turn  $\frac{1}{4}$  L stepping back on R, Sweep L around  $\frac{1}{2}$  turn L into a fwd rock on L, Recover weight back onto R
- 5-6** Turn  $\frac{1}{2}$  L stepping fwd L, Hitch R spinning  $\frac{1}{4}$  turn L - step R fwd to L diagonal (facing 11 o'clock)

**7&8&** Step L fwd, Pivot ½ turn R taking weight on R, Turn ½ R stepping back L, Turn ½ R stepping fwd R (still angled on the diagonal. You should now be facing 5 o'clock)

**Sweep, Cross, Side, Behind, Sweep, Behind, ¼ turn L Step, Step, Rock L, Recover R, Step ½ turn L, ½ Together**

**1-2&** Squaring up to back wall, sweep L around, Cross L over R, Step R to R side  
**3-4&** Cross L behind R, Sweep R around and cross R behind L, turn ¼ L stepping fwd L  
**5-7** Step fwd R, Rock fwd on L, Recover weight back onto R  
**8&** Turn ½ L stepping fwd L, Continue turning another ½ L bringing right foot together and taking weight. (You should now be ready to push off into a big step L to start the dance again facing 3 o'clock)

**Start Again**

**TAG 1: END of Wall 2 (facing 6 o'clock) - Step Left to left side and sway hips left, then right (taking weight on right) - 2 Counts**

**TAG 2: END of Wall 4 (facing 12 o'clock) - Step Left to left side and sway hips left, then right (taking weight on right) - 2 Counts**

**RESTART: DURING Wall 5 after 16 counts restart the dance facing 6 o'clock - Turn ¼ L into your restart.**

**TAG 3: END of Wall 6 (Facing 9 o'clock) - Step Left to left side and sway hips Left, Right, Left, Right (taking weight on right) - 4 Counts**

**ENJOY**