



Isolated

32 count, 4 wall, Intermediate/Advanced

Choreographer Debbie McLaughlin (UK) Feb. 2009

Choreographed To: Light On by David Cook

Intro: 04 counts, on main vocal

1 - 8	SIDE, BEHIND, CROSS ¼ TURN R, SWEEP, CROSS, BACK, ½ TURN L, STEP, ¾ TURN R, CROSS, UNWIND	
1 - 2 &	Step L to L side, Rock back on R, Recover weight forward onto L	1200
3 - 4 &	Turn ¼ R step fwd R sweeping L foot round, Cross L over R, Step back on R	0300
5 - 6	Turn ½ L stepping fwd L, Step fwd R (preparing to turn Right)	0900
7 & 8 &	Turn ½ R stepping back L, Turn ¼ R stepping side on R, Cross L over R, Unwind full turn R	0600
9 - 16	SWEEP, BEHIND, SIDE, CROSS, ¼ TURN R STEP BACK, STEP BACK, WALK L, R, STEP TURN ½ R, STEP, ½ L STEP BACK	
1 - 2 &	Sweep R round from front to back, Cross R behind L, Step L to L side	0600
3 & 4	Cross R over L, Turn ¼ R stepping back L, Step back R (Prepare to walk forward)	0900
5 - 6	Walk fwd L, Walk fwd R	0900
7 & 8 &	Step L fwd, Turn ½ R taking weight on R, Step fwd L, Turn ½ L stepping back R	0900
	Restart here during Wall 5. Turn ¼ L into big side step L on L to start dance again. (Facing 6 o'clock)	
17 - 24	¼ TURN STEP SIDE, ROCK, ¼ TURN L STEP BACK, ½ TURN SWEEP ROCK, ½ TURN I, HITCH, ¼ TURN L, CROSS, ½ TURN R, FULL TURN	
1 - 2 &	Turn ¼ L doing big side step L, Rock back on R, Recover weight forward onto L	0600
3 - 4 &	Turn ¼ L stepping back on R, Sweep L around ½ turn L into a fwd rock on L, Recover weight back onto R	0900
5 - 6	Turn ½ L stepping fwd L, Hitch R spinning ¼ turn L - step R fwd to L diagonal	1100
7 & 8 &	Step L fwd, ½ turn R taking weight on R, Turn ½ R stepping back L, Turn ½ R stepping fwd R (still angled on the diagonal).	0500
25 - 32	SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, ¼ TURN L STEP, STEP, ROCK L, RECOVER R, STEP ½ TURN L, ½ TOGETHER	
1 - 2 &	1-2& Squaring up to back wall, sweep L around, Cross L over R, Step R to R side	0600
3 - 4 &	Cross L behind R, Sweep R around and cross R behind L, turn ¼ L stepping fwd L	0300
5 - 6 - 7	Step fwd R, Rock fwd on L, Recover weight back onto R	1200
8 &	Turn ½ L stepping fwd L, Continue turning another ½ L bringing right foot together and taking weight.	0300
	(You should now be ready to push off into a big step L to start the dance again facing 3 o'clock)	
Tag 1	End of Wall 2 (facing 6 o'clock)	
	2 counts Step L to l side and sway hips L, then R (taking weight on R)	
Tag 2	End of Wall 4 (facing 12 o'clock)	
	2 counts Step L to L side and sway hips L, then R (taking weight on R)	
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)	
	4 counts - Step L to L and sway hips L,R,L,R (taking weight on R)	