

Paradise Lost

Count: 0

Wand: 0

Ebene:

Choreograf/in: Pete Sewood

Musik: Paradise - Kaci



Sequence: AAB throughout the track

PART A

MAMBO STEPS, ROCK AND CROSS TWICE

- 1&2 Rock right forward, recover on left, step right beside left
- 3&4 Rock left back, recover on right, step left beside right
- 5&6 Rock right to right side, step left slightly back, cross right over left
- 7&8 Rock left to left side, step right slightly back, cross left over right

WALK TWICE, LOCK STEP, ½ PIVOT TURN RIGHT, KICK BALL CHANGE

- 1-2 Walk forward right, walk forward left
- 3&4 Step forward right, lock left behind right, step forward right
- 5-6 Step forward on left, ½ pivot turn right stepping forward on right
- 7&8 Kick left foot forward, step left beside right, step right in place

MAMBO STEPS, ROCK AND CROSS TWICE

- 1&2 Rock left forward, recover on right, step left beside right
- 3&4 Rock right back, recover on left, step right beside left
- 5&6 Rock left to left side, step slightly back on right, cross left over right
- 7&8 Rock right to right side, step left slightly back, cross right over left

WALK TWICE, LOCK STEP, ½ PIVOT TURN RIGHT, KICK BALL CHANGE

- 1-2 Walk forward left, walk forward right
- 3&4 Step forward left, lock right behind left, step forward on left
- 5-6 Step forward on right, ½ pivot turn left stepping forward on left
- 7&8 Kick right foot forward, step right beside left, step left in place

PART B

STEP, SLIDE, HIP ROLL TWICE

- 1-2 Step right long step to right side, slide left to step beside right
- 3-4 Hip roll left (to the left) over 2 counts, weight ends on right
- 5-6 Step left long step to left side, slide right to step beside left
- 7-8 Hip roll right (to the right) over 2 counts, weight ends on left

SKATE X4, SIDE SHUFFLE RIGHT, ROCK & RECOVER

- 1-4 Skate forward right, left, right, left
- 5&6 Step right to right side, close left to right, step right to right
- 7-8 Rock back on left behind right, recover on right

SIDE SHUFFLE LEFT, ROCK & RECOVER, KICK BALL CHANGE TWICE

- 1&2 Step left to left side, close right to left, step left to left
- 3-4 Rock back on right behind left, recover on left
- 5&6 Kick right foot forward, step right beside left, step left in place
- 7&8 Kick right foot forward, step right beside left, step left in place

½ PIVOT TURN, KICK BALL CHANGE TWICE, ½ PIVOT TURN

- 1-2 Step forward on right, ½ pivot turn left stepping forward on left

- 3&4 Kick right foot forward, step right beside left, step left in place
5&6 Kick right foot forward, step right beside left, step left in place
7-8 Step forward on right, ½ pivot turn left stepping forward on left

SIDE LUNGE, TOE TOUCHES TWICE

- 1-2 Lunge to right side on right (lifting left heel), hold for 1 count
&3&4 Touch left toe next to right, touch left toe to left side, touch left toe next to right, touch left toe to left side
5-6 Drop left heel (taking weight on left), hold for 1 count
&7&8 Touch right toe next to left, touch right toe to right side, touch right toe next to left, touch right toe to right side

CROSS OVER, UNWIND, FULL TURN LEFT

- 1-4 Cross right over left, unwind full turn left over 3 counts (heel bounces optional)
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