

# Paradise

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Marie Sørensen (TUR) - February 2009

**Music:** Isle of Paradise - Bluelagoon



**Intro: 16 count**

**Restart: On 2 TH wall after 16 Counts (Facing 9 O`Clock)**

**Side step right. Together, Scissor step, ½ turn right, mambo left**

- 1 – 2 Step right to right side, step left beside right
- 3 & 4 Step right to right side, step left beside right, cross right over left
- 5 – 6 ¼ turn right, step back on left, ¼ turn right, step right to right side
- 7 & 8 Rock fwd. left, recover, step left beside right

**Side, behind, Heel jacks, ½ turn left, mambo left**

- 1 – 2 Step right to right side, step left behind right
- 3 & 4 & Step right to right side, touch left heel fwd. step left beside right, cross right over left
- 5 – 6 ¼ turn right, step back on left, ¼ turn step right to right side
- 7 & 8 Rock fwd. left, recover, step left beside right

**Restart the dance here on 2 TH wall (Facing 9 O`Clock)**

**Side step, together, Chasse, mambo ¼ turn left, run, run, run, run**

- 1 – 2 Step right to right side, step left beside right
- 3 & 4 Step right to right side, step left beside right, step right to right side
- 5 & 6 Cross rock left over right, recover, ¼ turn left, step fwd. left
- 7 & 8 & Run fwd. right, left, right, left

**Syncopated heel switches, Heel switches, Syncopated heel switches**

- 1 & 2 & Touch right heel fwd, step right beside left, Touch left heel fwd. step left beside right (Weight on left)
- 3 – 4 Touch right heel fwd. step right beside left
- 5 – 6 Touch left heel fwd. step left beside right
- 7 & 8 & Touch right heel fwd, step right beside left, Touch left heel fwd. step left beside right (Weight on left)

**Contact:**

**E.mail:** [cowgirl@esenet.dk](mailto:cowgirl@esenet.dk)

**Website:** [www.sunshine-cowgirl-linedance.dk](http://www.sunshine-cowgirl-linedance.dk)