

Paradise

COPPER KNOB
STEPPERS

拍数: 224 墙数: 1 级数: Phrased High Beginner
编舞者: Bernice (MY) - October 2016
音乐: Heaven On Earth (天上人間) - Fei Yu-Ching (費玉清)



Intro□: Start after 26 counts

Sequence of dance : A96 B32 C32 Tag1 Tag2 A17-96 B32 D64 A73-96 B32 Tag2

Part A(96 counts)

Section A1

1 – 4 Step R to R(1), L beside R(2), step R to R(3), touch L beside R(4)
5 – 8 Step L to L(5), touch R beside L(6), step R to R(7), touch L beside R(8)

Section A2

1 – 4 Step L to L(1), hold(2), step R beside L(3), hold(4)
5 – 8 Step L to L(5), hold(6), step R beside L(7), hold(8)

Section A3

1 – 4 ¼ turn L step R forward(1)(9.00), ¼ turn R recover on L(2)(12.00), step R to R(3), hold(4)
5 – 8 ¼ turn R step L forward(5)(3.00), ¼ turn L recover on R(6)(12.00), step L to L(7), hold(8)

Section A4

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)(Toe strut do on spot)
5 – 8 Touch R forward(5), step R down(6), touch L forward(7), step L down(8)(Toe strut do on spot)

Section A5

1 – 4 Cross R over L(1), touch L to L(2), cross L over R(3), touch R to R(4)
5 – 8 Cross R behind R(5), touch L to L(6), cross L behind R(7), touch R to R(8)

Section A6

1 – 8 Repeat Part A Section A3

Section A7

1 – 8 Repeat Part A Section A4

Section A8

1 – 4 Rock R forward(1), recover on L(2), step R back(3), touch L beside R(4)
5 – 8 Step L down(5), touch R beside L(6), step R down(7), touch L beside R(8)

Section A9

1 – 4 Cross R(1), step L to L(2), step R behind L(3), step L to L(4)
5 – 8 Step R back(5), step L back(6), step R to R(7), step L beside R(8)

(Walk anti-clockwise circle which body facing 12.00)

Section A10

1 – 4 ¼ turn R step R forward(1)(3.00), ½ turn R step L back(2)(9.00), ¼ turn R step R to R(3)(12.00), touch L to L(4)
5 – 8 ¼ turn L step L forward(5)(9.00), ½ turn L step R back(6)(3.00), ¼ turn L step L to L(12.00), touch R to R(8)

Section A11

1 – 4 Step R forward(1), recover on L(2), step R beside L(3), hold(4)

5 – 8 Step L forward(5), recover on R(6), step L beside R(7), hold(8)

Section A12

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)(Toe strut do on spot)

5 – 8 Touch R forward(5), step R down(6), touch L forward(7), step L down(8)(Toe strut do on spot)

Part B (32 counts)

Section B1

1 – 8 Step R to R(1), step L beside R(2), step R to R(3), step L beside R(4), hold(5-8)

Section B2

1 – 8 Step R to R(1), step L beside R(2), step R to R(3), step L beside R(4), step R to R(5), hold(6-8)

Section B3

1 – 8 Step L to L(1), hold(2-4), step R to R(5), hold(6-7), recover on L(8)

Section B4

1 – 8 Walk full turn R which start with R(1-8)

Part C (32 counts)

Section C1

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)(Toe strut do on spot)

5 – 8 Touch R forward(5), step R down(6), touch L forward(7), step L down(8)(Toe strut do on spot)

Section C2

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)(Toe strut do on spot)

5 – 8 Touch R forward(5), step R down(6), touch L forward(7), step L down(8)(Toe strut do on spot)

Section C3

1 – 4 $\frac{1}{4}$ turn R step R forward(1)(3.00), $\frac{1}{2}$ turn R step L back(2)(9.00), $\frac{1}{4}$ turn R step R to R(3)(12.00), touch L to L(4)

5 – 8 $\frac{1}{4}$ turn L step L forward(5)(9.00), $\frac{1}{2}$ turn L step R back(6)(3.00), $\frac{1}{4}$ turn L step L to L(12.00), touch R to R(8)

Section C4

1 – 4 Step R to R(1), step L beside R(2), step R to R(3), touch L beside R(4)

5 – 8 Step L to L(5), step R beside L(6), step L to L(7), touch R beside L(8)

Part D (64 counts)

Section D1

1 – 4 Step on L & put R hand to L(1), keep R hand back to center(2), put R hand up(3), keep R hand back to center(4)

5 – 8 Step on R(5), hold(6-8)(Draw R hand from top to R side)

Section D2

1 – 4 Step on L & pop R knee in(1), hold(2), step on R & pop L knee in(3), hold(4)

5 – 8 Touch R forward(5), sweep R to R(6-8)

Section D3

1 – 4 $\frac{1}{4}$ turn R step R forward & body roll forward(1-3), step L beside R(4),(3.00)

5 – 8 Sweep L ½ turn L(5-7)(9.00), step L beside R(8)(9.00)

Section D4

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)(Toe strut do on spot)(9.00)

5 – 8 Touch R forward(5), step R down(6), touch L forward(7), ¼ turn R step L down(8)(12.00)

Section D5

1 – 4 Put R hand to L(1)(12.00), keep R hand back to center(2), put R hand up(3), keep R hand back to center(4)

(Stand on spot & do hand movements)

5 – 8 Step on R(5), hold(6-8)(Draw R hand from top to R side)

Section D6

1 – 8 Repeat Part D Section 2

Section D7

1 – 8 Step R forward & body roll forward(1-3), recover on L(4), sweep R from front to R(5-8)

Section D8

1 – 8 Cross R over L(1), hold(2), step L back(3), hold(4), step R to R(5), hold(6), cross L over R(7), hold(8)

Tag 1 (4 counts)

1 – 4 Hold 4 counts with shimmy

Tag2 (16 counts)

Section 1

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)(Toe strut do on spot)

5 – 8 Touch R forward(5), step R down(6), touch L forward(7), step L down(8)(Toe strut do on spot)

Section 2

1 – 8 Repeat Tag 2 Section 1

Please enjoy the dance !!!

Contact: - Submitted by – Lee Mayee: mayeeleey@gmail.com
