

Adios Paradise

COPPERKNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Adios Paradise - Nick Mackenzie



Intro: 16 Counts

Sec 1: Step Side, Step Together, Chasse 1/4 Turn R, Step fwd, Pivot 1/2 Turn R, Shuffle 1/2 Turn R

1-2 RF. Step side - LF. Step together
3&4 RF. Step side - LF. Step together - RF. 1/4 Turn R step fwd (3:00)
5-6 LF. Step fwd - Pivot 1/2 turn R (9:00)
7&8 Shuffle 1/2 turn R stepping L,R,L (3:00)

Sec 2: Step Back, 1/2 Turn L, Shuffle 1/2 Turn L, Step Back, Cross Touch, Step-Lock-Step fwd

1-2 RF. Step back - LF. 1/2 Turn L step fwd (9:00)
3&4 Shuffle 1/2 turn L stepping R,L,R (3:00)
5-6 LF. Step back - RF. Cross toe over LF
7&8 LF. Step fwd - RF. Lock behind LF - LF. Step fwd

Sec 3: Step fwd, 3/4 Turn R into Chasse, Cross, Side, Sailor Step

1-2 LF. Step fwd - Pivot 1/2 turn R (9:00)
3&4 LF. 1/4 Turn step side - RF. Step together - LF. Step side (12:00)
5-6 RF. Cross over LF - LF. Step side
7&8 RF. Cross behind LF - LF. Step side - RF. Step side

Sec 4: Cross, 1/4 Turn L, 1/4 Turn L into Shuffle fwd, Rock fwd, Recover, Coaster Cross

1-2 LF. Cross over RF - RF. 1/4 Turn L step back (9:00)
3&4 LF. 1/4 Turn L step fwd - RF. Step together - LF. Step fwd (6:00)
5-6 RF. Rock fwd - LF. Recover
7&8 RF. Step back - LF. Step together - RF. Cross over LF

Sec 5: Point, Step fwd, Step Side with Hip Bums R,L,R, Cross Rock, Recover, 1/4 Turn L with Hip Bums L,R,L

1-2 LF. Point toe to L side - LF. Step fwd
3&4 RF. Step side push hips to R - Push hips to L - Push hips to R
5-6 LF. Cross rock over RF - RF. Recover
7&8 LF. Step side push hips to L - Push hips to R - LF. 1/4 Turn L push hips fwd (3:00)

Sec 6: Step fwd, 1/2 Turn R, Back Step-Lock-Step, Back Rock Step, Recover, Step-Lock-Step fwd

1-2 RF. Step fwd - LF. 1/2 Turn R step back (9:00)
3&4 RF. Step back - LF. Lock across RF - RF. Step back
5-6 LF. Back rock - RF. Recover
7&8 LF. Step fwd - RF. Lock behind LF - LF. Step fwd

Sec 7: Rocking Chair, Step fwd, Pivot 1/2 Turn L, Full Turn L

1-2-3-4 RF. Rock fwd - LF. Recover - RF. Back rock - LF. Recover
5-6 RF. Step fwd - Pivot 1/2 turn L (3:00)
7-8 RF. 1/2 Turn L step back - LF. 1/2 Turn L step fwd

Option: Count 7-8 Walk R,L fwd

Sec 8: Cross, 1/4 Turn R, 1/4 Turn R, Step fwd, Jazz Box Cross

1-2-3-4 RF. Cross over LF - LF. 1/4 Turn R step back - RF. 1/4 Turn R step fwd - LF. Step fwd (9:00)
5-6-7-8 RF. Cross over LF - LF. Step back - RF. Step side - LF. Cross over RF

Start Again

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