

Oh Paradise

拍数: 68 墙数: 4 级数: Phrased High Improver
编舞者: Runa (DK) - November 2020
音乐: Paradise (feat. Dermot Kennedy) - Meduza



Intro: 16 c - Sequence: AAB CAA AAC BAA

Part A : 32 counts

A1. Side, together, fwd shuffle, side, together, shuffle back

1-2 Step R to R side, step L beside R
3&4 Step R fwd, step L beside R, step R fwd
5-6 Step L to L side, step R beside L
7&8 Step L back, step R beside L, step L back

A2. Back-rock, walk, walk, point, point, mambo back with touch

1-2 Step back on R, recover on L
3-4 Step fwd on R, step fwd on L
5-6 Point R fwd, point R to R side
7&8 Step back on R, recover on L, touch R beside L

A3. Side, together, chassè, cross-rock, chassè ¼ turn L

1-2 Step R to R side, step L beside R
3&4 Step R to R side, step L beside R, step R to R side
5-6 Cross-rock L over R, recover on R
7&8 Step L to L side, step R beside L, step L to L side ¼ turn L

A4. Rocking-chair, step turn, kick ball change

1-2-3-4 Step R fwd, recover on L, step R back, recover on L
5-6 Step R fwd, ½ turn L taking weight on L
7&8 Kick R fwd, step (beside L) onto ball of R foot, change weight onto L foot

Part B : 4 counts

B5. Side, touch, side, touch

1-2 Step R to R side, touch L beside R
3-4 Step L to L side, touch R beside L

Part C : 32 counts

C6. Side, sway, side, together, side, sway L,R

1-2 Step R to R side and sway R
3-4 Step L to L side, step R beside L
5-6 Step L to L side and sway L
7-8 Sway R taking weight on R

C7. Triple fult turn L, kick cross over, triple fult turn R, kick cross over

1-2-3-4 Fult turn L on the spot stepping L,R,L, kick R cross over L
5-6-7-8 Fult turn R on the spot stepping R,L,R, kick L cross over R

C8. Side, sway, side, together, side, sway R,L

1-2 Step L to L side and sway L
3-4 Step R to R side, step L beside R
5-6 Step R to R side and sway R
7-8 Sway L taking weight on L

C9. Triple full turn R, kick cross over, triple full turn L, kick cross over

1-2-3-4 Full turn R on the spot stepping R,L,R, kick L cross over R

5-6-7-8 Full turn L on the spot stepping L,R,L, kick R cross over L
