

Paradise

拍数: 64 墙数: 2 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - January 2021
音乐: Paradise (feat. Dermot Kennedy) - Meduza : (Spotify / iTunes)



(Intro: 16 counts)

[S1] Syncopated K Step (Right), Side-Behind, 1/4R, Step-Pivot 1/2R

&1&2 Step diagonally forward on R, Touch L next to R, Step diagonally back on L, Touch R next to L
&3&4 Step diagonally back on R, Touch L next to R, Step diagonally forward on L, Touch R next to L
&5 6 Ball step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R (3:00)
7 8 Step forward on L, Make a 1/4 turn right recover weight on R (9:00)

[S2] Syncopated K Step (Left), 2x Side-Together-Heel Bounce

&1&2 Step diagonally forward on L, Touch R next to L, Step diagonally back on R, Touch L next to R
&3&4 Step diagonally back on L, Touch R next to L, Step diagonally forward on R, Touch L next to R
&5&6 Step L to the side, Step R together, Bounce heels up-down (&6)
&7&8 Step L to the side, Step R together, Bounce heels up-down (&8)

[S3] Hip-Hip-Side Shuffle, Cross Rock, 1/4L Fwd w/ Drag-&

1 2 Step R to the side and sway hips to the right, Sway hips to the left
3&4 Right side shuffle on R-L-R
5 6 Rock L across R, Recover weight on R
7 8& Make a 1/4 turn left stepping forward on L, Dragging R close to L, Step R next to L (6:00)

[S4] Fwd-1/2L Back-Back w/ Drag-&, Hip-Hip-Side Shuffle

1 2 Step forward on L, Make a 1/2 turn left stepping back on R (12:00)
3 4& Step back on L, Dragging R close to L, Step R together
5 6 Step L to the side and sway hips to the left, Sway hips to the right
7&8 Left side shuffle on L-R-L**

[S5] Fwd Rock, 1/2R-1/4R Scuff-Side, Back-Lock-Back, Back Rock

1 2 Rock forward on R, Recover weight on L
3&4 Make a 1/2 turn right stepping forward on R, Scuff L foot making a 1/4 turn right, Step L to the side (9:00)
5&6 Step back on R, Lock L across R, Step back on R
7 8 Rock back on L, Recover weight on R

[S6] Fwd Rock, 1/2L-1/4L Scuff-Side, Behind-1/4L-Step-Pivot 1/4R

1 2 Rock forward on L, Recover weight on R
3&4 Make a 1/2 turn left stepping forward on L, Scuff R foot making a 1/4 turn left, Step R to the side (12:00)
5 6 Step L behind R, Make a 1/4 turn right stepping forward on R (3:00)
7 8 Step forward on L, Make a 1/4 turn right recover weight on R (6:00)

[S7] Cross Shuffle, 1/4L-1/4L, Samba 1/4R Turn, Point Front-Side-&

1&2 Cross L over R, Step R close to L, Cross L over R
3&4 Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping L to the side
5&6 Cross R over L, Make a 1/4 turn right step/rock L to the side, Recover weight on R (3:00)

7 8& Point L toe forward, Point L toe to the side, Step L together

[S8] Point Side-Back-Touch, Lock Step Fwd, Step-Pivot 1/4L, Step-Pivot 1/2L

1&2 Point R toe to the side, Step back on R, Cross toe touch on L

3&4 Step forward on L, Lock R behind L, Step forward on L

5 6 Step forward on R, Make a 1/4 turn left recover weight on L

7 8 Step forward on R, Make a 1/2 turn left recover weight on L (6:00)

Tag 1: The end of Wall 1 (6:00) -(V Step) Step forward and out on R (1), Step forward and out on L (2), Step back and in on R (3), Step L next to R (4)

Restart on Wall 3 count 32 (12:00)**

Restart + Tag 2: On Wall 5 count 32 (6:00) then add 4 counts Tag 2 -(Hold) Touch forward on R (1), Hold for 3 counts (2 3 4)**

The dance finishes at the front.

Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
(updated: 20/Jan/21)
