

Niko's Paradise

COPPER KNOB
BYEFOOTPRINTS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Helaine Norman (USA) - August 2022
音乐: PARADISE TO ME - Niko Moon



Intro: 16 - No tags or restarts

I. JOSE QUERVO; OVER, SIDE, ¼ L TURN SAILOR

1-2 Step R over, step L side
3&4 Step R behind, step L side, step R side
5-6 Step L over, step R side
7&8 Step L behind making ¼ turn left, step R side, step L side - 9:00

II. SUGAR FOOT, ROCK RECOVER; BACK COASTER, SIDE ROCK, ¼ L TURN

1&2 Touch R toe forward, touch R heel forward, step forward
3-4 Rock L forward, recover to R
5&6 Step L back, step R together, step L forward
7-8 Rock R side, weight to L making ¼ turn left - 6:00

Styling suggestion for 1&2: Turn R toe/knee inward (1), turn R toe out diagonally (&), step R forward (2)
Optional for 3-4: Forward body roll

III. FORWARD TOGETHER, SHUFFLE; 1/2 R TURN, SHUFFLE

1-2 Step R forward, lock L together, step R forward
3&4 Step R forward, step L together, step R forward
5-6 Step L forward making ½ turn right, weight to R - 12:00
7&8 Step L forward, step R together, step L forward

IV. MODIFIED JAZZ BOX; HIP BUMPS

1-2 Step R over, step L behind
3&4 Step R side making ¼ turn right, step L together, step R side - 3:00
5-6 Bump hip L side, bump hip R side
7&8 Bump L hip L and L (weight stays left)

REPEAT

END: Ends at 12:00

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