Paradise Hop

拍数: 64 **墙数:** 4 **级数:** Improver

编舞者: Alison Metelnick (UK)

音乐: From Hell to Paradise - The Mavericks

KICK BALL POINT, CROSS, UNWIND, X 2

1&2	Kick right foot forward, step onto ball of right foot, touch left toes to left side
3-4	Cross left foot across right, unwind ½ turn right
5&6	Kick right foot forward, step onto ball of right foot, touch left toes to left side
7-8	Cross left foot across right, unwind ½ turn right

SHUFFLE FORWARD X 4

1&2	Shuffle forward-right, left, right
3&4	Shuffle forward-left, right, left
5&6	Shuffle forward-right, left, right
7&8	Shuffle forward-left, right, left

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2	Step right foot to right side, cross left foot behind right
3-4	Step right foot to right side, stomp left foot next to right
5-6	Step right foot ¼ turn right, swing left foot ½ turn right in front of right foot stepping onto left foot
7-8	Swing right foot ½ turn right behind left foot stepping onto right foot, touch left foot next to right

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2	Step left foot to left side, cross right foot behind left
3-4	Step left foot to left side, stomp right foot next to left
5-6	Step left foot ¼ turn left, swing right foot ½ turn left in front of left foot stepping onto right foot
7-8	Swing left foot ½ turn left behind right foot stepping onto left foot, touch right foot next to left

TRAVELING HITCH HOP

1-2	Hitch right knee pointing knee slightly right and hop on left foot, step right foot down
3-4	Hitch left knee pointing knee slightly left and hop on right foot, step left foot down
5-6	Hitch right knee pointing knee slightly right and hop on left foot, step right foot down
7-8	Hitch left knee pointing knee slightly left and hop on right foot, step left foot down

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2	Step right foot to right side, cross left foot behind right
3-4	Step right foot to right side, stomp left foot next to right
5-6	Step right foot ¼ turn right, swing left foot ½ turn right in front of right foot stepping onto left foot
7-8	Swing right foot ½ turn right behind left foot stepping onto right foot, touch left foot next to right

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2	Step left foot to left side, cross right foot behind left
3-4	Step left foot to left side, stomp right foot next to left
5-6	Step left foot ¼ turn left, swing right foot ½ turn left in front of left foot stepping onto right foot
7-8	Swing left foot ½ turn left behind right foot stepping onto left foot, touch right foot next to left

JUMP, CROSS, UNWIND, CLAP, JAZZ BOX ¼ TURN

1-2	Jump both feet apart, cross right foot in front of left
3-4	Unwind ½ turn left, clap
5-6	Cross right foot over left. Step left foot back
7-8	Step right foot back turning ¼ turn left, stomp left foot next to right

REPEAT