

Paranoia

COPPER KNOB
BY STEPHEN METZ

拍数: 0 墙数: 4 级数: Intermediate
编舞者: PJ (UK)
音乐: Suspicion - John Dean



Sequence: The music "Suspicion" by John Dean is phrased. Dance the dance through in the sequence: A B A B A A B(24) B. After dancing up to count 23 of section B, then scuff left foot forward for count 24. Dance section B through again from the beginning. After count 28, step left foot to left side throwing arms up into the air for a dramatic finish.

PART A

ROCK LEFT, RECOVER, SIDE, HOLD, CROSS ROCK, RECOVER, ¼ TURN, HOLD

- 1-2 Rock left foot to left side bumping hips left, recover weight to right foot bumping hips right
- 3-4 Slide left foot long step to left side, hold
- 5-6 Cross rock right over left, recover weight to left foot
- 7-8 Make ¼ turn right stepping forward on to right foot, hold

STEP, ½ PIVOT, STEP, HOLD, STEP BACK, TOGETHER, STEP, ½ PIVOT

- 9-10 Step forward on left foot, pivot ½ turn right (weight on right)
- 11-12 Step forward on left foot, hold
- 13-14 Step back on right foot, close left beside right
- 15-16 Step forward on right foot, pivot ½ turn left (weight on left)

ROCK RIGHT, RECOVER, SIDE, HOLD, CROSS ROCK, RECOVER, ¼ TURN, HOLD

- 17-18 Rock right foot to right side bumping hips right, recover weight to left foot bumping hips left
- 19-20 Slide right foot long step to right side, hold
- 21-22 Cross rock left over right, recover weight to right foot
- 23-24 Make ¼ turn left stepping forward on to left foot, hold

STEP, ½ PIVOT, STEP, STEP, ROCK FORWARD, RECOVER, COASTER STEP

- 25-26 Step forward on right foot, pivot ½ turn left (weight on left)
- 27-28 Step forward on right foot, step forward on left foot
- 29-30 Rock forward on right foot, recover weight back on to left foot
- 31&32 Step back on right foot, close left beside right, step forward on right foot

TOE STRUTS, JAZZ BOX ¼ TURN WITH SIDE TOUCH

- 33-34 Step forward on left toe, drop left heel to floor (taking weight to left foot)
- 35-36 Step forward on right toe, drop right heel to floor (taking weight to right foot)
- 37-38 Cross left over right, step back on right foot
- 39-40 Make ¼ turn left stepping left foot to left side, touch right toe to right side

CROSS, TOUCH, CROSS, TOUCH (FORWARD AND BACK, WITH CLAPS)

- 41-42 Cross right over left, touch left toe to left side (clapping hands)
- 43-44 Cross left over right, touch right toe to right side (clapping hands)
- 45-46 Cross right behind left, touch left toe to left side (clapping hands)
- 47-48 Cross left behind right, touch right toe to right side (clapping hands)

RIGHT VINE WITH ¼ TURN, HOLD, STEP, ½ PIVOT, STEP, HOLD

- 49-50 Step right foot to right side, cross left behind right
- 51-52 Make ¼ turn right stepping forward on to right foot, hold
- 53-54 Step forward on left foot, pivot ½ turn right (weight on right)
- 55-56 Step forward on left foot, hold

STEP, KICK, STEP BACK, ROCK BACK, RECOVER, STEP, ½ PIVOT, STEP

- 57-58 Step forward on right foot, kick left foot forward
- 59-60 Step back on left foot, rock back on right foot
- 61-62 Recover weight forward to left foot, step forward on to right foot
- 63-64 Pivot ½ turn left (weight on left), step forward on right foot

PART B

JAZZ JUMP FORWARD, HOLD, LEFT KNEE POP, SIDE ROCK, MONTEREY TURN

- &1 Jump slightly forward landing with feet shoulder width apart, stepping left then right
- 2 Hold
- 3-4 Pop left knee across right, rock weight to left foot
- 5-6 Touch right toe to right side, make ½ turn right closing right beside left
- 7-8 Touch left toe to left side, close left beside right

JAZZ JUMP FORWARD, HOLD, RIGHT KNEE POP, HOLD, ¼ TURN, STEP, ½ TURN, STEP

- &9 Jump slightly forward landing with feet shoulder width apart, stepping right then left
- 10 Hold
- 11-12 Pop right knee across left, hold
- 13-14 Make ¼ turn right stepping forward on to right foot, step forward on left foot
- 15-16 Pivot ½ turn right (weight on right), step forward on left foot

JAZZ JUMP FORWARD, HOLD, POP LEFT KNEE, SIDE STEP, CROSS ROCK, 1¼ TURN RIGHT, KICK BALL TOUCH

- &17 Jump slightly forward landing with feet shoulder width apart, stepping right then left
 - 18 Hold
 - 19-20 Pop left knee across right, rock weight to left foot
 - 21-22 Cross rock right over left, recover weight to left foot
 - 23-24 Make ¼ turn right stepping forward on to right foot, make ½ turn right stepping back on to left foot
 - 25-26 Make ½ turn right stepping forward on to right foot, step forward on to left foot
 - 27&28 Kick right foot forward, close right beside left, touch left beside right
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