

Paranoia

拍数: 64 墙数: 4 级数: Improver
编舞者: Neil Fitzgerald (UK)
音乐: Paranoid - Black Sabbath



SPLIT HEELS, RIGHT HEEL HOOKS

- 1-2 Split the heels of both feet apart, bring back to center
- 3-4 Split the heels of both feet apart, bring back to center
- 5-6 Place right heel out in front, hook in front of left knee
- 7-8 Place right heel out in front, bring back to place

SPLIT HEELS, LEFT HEEL HOOKS

- 1-2 Split the heels of both feet apart, bring back to center
- 3-4 Split the heels of both feet apart, bring back to center
- 5-6 Place left heel out in front, hook in front of right knee
- 7-8 Place left heel out in front, tap beside right foot

LEFT GRAPEVINE WITH ¼ TURN, HEEL TAPS, TOE TAPS

- 1-2 Step left foot to left side, cross right behind,
- 3-4 Step left foot to left side (making ¼ turn left), tap right beside left
- 5-6 Tap right heel out in front of twice
- 7-8 Tap right toe back twice

STEP-PIVOT-STEP, HOLD, HEEL TAPS, TOE TAPS

- 1-2 Step right foot forward, ½ turn over left shoulder
- 3-4 Step right foot forward, hold next count
- 5-6 Tap left heel out in front of twice
- 7-8 Tap left toe back twice

HEEL STRUTS, COASTER STEPS

- 1-2 Place left heel forward, slap toes to floor
- 3-4 Place right heel forward, slap toes to floor
- 5-6 Step left foot back, step right beside left
- 7-8 Step left foot forward, hold for next count

HEEL STRUTS, COASTER STEPS

- 1-2 Place right heel forward, slap toes to floor
- 3-4 Place left heel forward, slap toes to floor
- 5-6 Step right foot back, step left beside right
- 7-8 Step right foot forward, hold for next count

SIDE ROCK, CROSS, HOLD, WEAVE

- 1-2 Rock left foot out to left side, recover weight to right foot
- 3-4 Cross left foot over right, hold for next count
- 5-6 Step right out to right side, cross left behind right
- 7-8 Step right out to right side, cross left in front of right

SIDE ROCK, CROSS, HOLD, VINE

- 1-2 Rock right foot out to right side, recover weight on left
- 3-4 Cross left foot over right, hold for next count
- 5-6 Step left foot to left side, cross right behind

7-8 Step left foot to left side, stomp right beside left

REPEAT

RESTART

On the third wall, dance up to count 30 and replace counts 31-32 with two stomps

31-32 Stomp left beside right, stomp right foot beside left

Then restart the dance
