

# From Hell To Paradise

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Mick Herbert (UK)  
音乐: From Hell to Paradise - The Mavericks



## TOE STRUTS, PIVOT ½ TURN, RIGHT SHUFFLE

1-2            Step right toe forward, drop right heel to floor  
3-4            Step left toe forward, drop left heel to floor  
5-6            Step forward on right, pivot ½ turn left  
7&8            Step forward right, close left beside right, step forward right

## TOE STRUTS, PIVOT ½ TURN, LEFT SHUFFLE

9-10           Step left toe forward, drop left heel to floor  
11-12          Step right toe forward, drop right heel to floor  
13-14          Step forward on left, pivot ½ turn right  
15&16          Step forward left, close right beside left, step forward left

## ROCK STEP, TRIPLE ½ TURN RIGHT, LEFT & RIGHT SHUFFLES

17-18          Rock forward on right, rock back on left  
19&20          Triple step ½ turn right, stepping - right, left right  
21&22          Step forward left, close right beside left, step forward left  
23&24          Step forward right, close left beside right, step forward right.

## ROCK STEP, TRIPLE ½ TURN LEFT, RIGHT & LEFT SHUFFLES

25-26          Rock forward on left, rock back on right  
27&28          Triple step ½ turn left, stepping - left, right, left  
29&30          Step forward right, close left beside right, step forward right  
31&32          Step forward left, close right beside left, step forward left

## SIDE STRUT, CROSS STRUT WITH ¼ TURN RIGHT, ROCK STEP, COASTER STEP

33-34          Step right toe to right side, drop right heel to floor  
35-36          Cross left toe over right while making ¼ turn right, drop left heel to floor.  
37-38          Rock forward on right, rock back on left  
39&40          Step back right, step left beside right, step forward right

## SIDE STRUT, CROSS STRUT WITH ¼ TURN LEFT, ROCK STEP, TRIPLE ½ TURN LEFT

41-42          Step left toe to left side, drop left heel to floor  
43-44          Cross right toe over left while making ¼ turn left, drop right heel to floor  
45-46          Rock forward on left, rock back on right  
47&48          Triple step ½ turn left, stepping - left, right, left

## HEEL, TOE TOUCHES, CROSS STEPS WITH TOUCHES LEFT & RIGHT

49-50          Touch right heel forward, touch right toe back  
51-52          Cross step right over left, touch left to left side  
53-54          Touch left heel forward, touch left toe back  
55-56          Cross step left over right, touch right to right side

## PIVOT ½ TURN, STEP TOUCH, HEEL SWITCHES, STEP PIVOT ¼ TURN

57-58          Step forward on right, pivot ½ turn left  
59-60          Step forward right, touch left beside right  
&61&62          Step left beside right, touch right heel forward, step right beside left, touch left heel forward

&63-64

Step left beside right, step forward right, pivot  $\frac{1}{4}$  turn left (weight onto left).

**REPEAT**

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