

Isle of Paradise

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Bastiaan van Leeuwen (DE) - May 2012
音乐: Isle of Paradise (Radio Edit) - Bluelagoon : (iTunes)



Intro: 32 counts

[1-8] Cross, rumba box, step forward, mambo step ½ L, step, ¼ turn L,

1 Cross R over L,
2&3-4 step L to L side, close R beside L, step L forward, step R forward,
5&6 Rock L forward, recover onto R, ½ turn L stepping L forward, (06:00)
7-8 Step R forward, ¼ turn L (03:00)

[9-16] Cross, rumba box, step forward, mambo step ½ L, walk forward,

1 Cross R over L,
2&3-4 step L to left side, close R beside L, step L forward, step R forward,
5&6 Rock L forward, recover onto R, ½ turn L stepping L forward, (09:00)
7-8 Walk forward R- L

[16-24] Cross mambos, cross, ¼ turn R, coaster step,

1&2 Rock R over L, recover onto L, step R beside L,
3&4 Rock L over R, recover onto R, step L beside R,
5-6 Cross R over L, ¼ turn R stepping L back, (12:00)
7&8 Step R back, step L beside R, step R forward,

[24-32] Step ¼ turn R, sailor step, sailor step ¼ turn L, ½ turn L step back, side shuffle ¼ turn L

1 ¼ turn R stepping L to L side, (03:00)
2&3 Cross R behind L, step L to L side, step R to R side,
4&5 Cross L behind R with ¼ turn L, step R beside L, step L forward, (12:00)
6 ½ turn L stepping R back, (06:00)
7&8 ¼ turn L stepping L to L side, close R beside L, step L to L side (03:00)

Restart the dance and keep on smiling !!

Ending: The dance ends facing (06:00), step R forward, pivot ½ turn L to face (12:00) again.