

Run to Paradise

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Christine Tyson (AUS) - May 2011
音乐: Run to Paradise - Choirboys : (Album: Gimme 5 - EP - 4:08)



(1-8) L toe strut, R toe strut, L side shuffle, rock back, recover.

1,2,3,4 Step L toe to L side, drop L heel, step R toe over L, drop R heel
5&6,7,8 step L to L side, step R beside L (&), step L to L side, rock back on R, recover weight to L

(9-16) R rocking Chair, step side together, step to the side and turn 180deg L hitching L leg

1,2,3,4 Rock fwd on R, Recover weight to L, rock back on R, recover weight to L
5,6,7,8 step R to R side, step L beside R, step R slightly to the R and turning 180 degs L hitch L Leg up and around over 2 counts (6oclock)

(17-24) L toe strut, R toe strut, rock to the side, recover, rock back, recover

1,2,3,4 Step L toe to L side, drop L heel, step R toe over L, drop R heel
5,6,7,8 Rock L to L side, recover to R, Rock back on L, recover to R

(25-32) L shuffle fwd, step R fwd, Pivot 180 degs L, small runs fwd R,L,R, L skate, R skate

1&2,3,4 Step L fwd, step R beside L, step L fwd, step R fwd, pivoting 180deg L take weight on L
5&6,7,8 Small running steps fwd R,L,R (5&6), skate L to L diagonal, skate R to R diagonal (12oclock)

(**) Restart wall 2- (3oclock)

(33-40) L Stomp, Hold, R stomp, Hold, Hinge 180deg L stepping L to L side, tap R beside L, ¼ L Step back on R toe strut

1,2,3,4 Stomp L foot to L side, Hold, Stomp R foot to R side, Hold
5,6,7,8 turning 180deg L step L to L side, tap R beside L, turning ¼ L step back on R toe, drop R Heel (3oclock)

(***) Restart wall 4 – (9 oclock)

(41-48) Step L back, ½ R turn fwd on R, step L fwd, Scuff R, R Lock shuffle fwd, L Lock shuffle fwd

1,2,3,4 Step back on L, turning ½ R step fwd on R, step L fwd, scuff R fwd (9oclock)
5&6,7&8 Step R fwd on R diagonal, step L behind R (&), step R fwd on R diagonal, step L fwd on L diagonal, step R behind L, step L fwd on L diagonal

(49-56) Rock R fwd, recover, 180degs R stepping R fwd, Hold, turn 360deg, L shuffle fwd

1,2,3,4 Rock R fwd, recover to L, turning 180 R step fwd on R, Hold
5,6,7&8 turning 180deg R step back on L, turning 180deg R step fwd on R, step L fwd, step R beside L, step L fwd (3oclock)

(57-64) Out, Out, In, In, step R slightly to the R and Dble R hip, L hip, R hip

1,2,3,4 Step R out to R diagonal, Step L out to L diagonal, Step R back to centre, step L beside R.
5,6,7,8 Stepping R slightly to the R do double R hip (5,6), L hip, R hip (7,8) (****)

Begin again,

There are 2 Restarts and 1 Tag:-

Wall 2 Restart after count 32 (**) Facing 3oclock

Wall 4 Restart after count 40 (***) Facing 9oclock

Tag: On the 7th wall after count 60 do double right , double left, weight on the left foot and do the last 8 counts of the dance again as written (****) facing the 6'oclock wall

To End facing 12o'clock on the last 4 counts (60-64) do double right hips , double left hips then add Step R

out to R diagonal, Step L out to L diagonal, Step R back to centre, step L beside R.

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