

Paradise Blue

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Vikki Morris (UK) - July 2013
音乐: Paradise - Blue : (Album: Roulette)



Start: 16 counts (8 secs) after first beat of music

Right Rock Step, Right Coaster Step, Left Rock Step, Left Coaster Step

1 2 Rock Right forward, Recover on Left
3&4 Step back on Right, Step Left next to Right, Step forward Right
5 6 Rock Left forward, Recover on Right
7&8 Step back on Left, Step Right next to Left, Step forward Left

Right Rock Step, Shuffle ½ Turn Right, ¼ Right HOLD & Side Point Right

1 2 Rock forward Right, Recover on Left
3&4 Turn ¼ turn to Right with Right, Step Left next to Right, Turn ¼ turn Right stepping forward Right
5 6 Turn ¼ turn to Right stepping Left to Left side, HOLD
&7 8 Step Right next to Left, Step Left to Left side, Point Right to Right side (9 o clock)

Rolling Turn Right, Left Scuff, Left Cross Rock & Right Cross, Left Side

1 2 3 4 Turn ¼ Right with Right, Turn ½ turn stepping back Left, Turn ¼ turn Right with Right, Scuff Left across Right
5 6 Cross rock Left over Right, Recover on Right
&7 8 Step Left to Left side, Cross Right over Left, Step Left to Left side

Right Back Rock, Right Kick Ball Cross & Jump, Left Hip Bump & Jump, Right Hip Bump

1 2 Rock back on Right, Recover on Left
3&4 Kick Right to Right diagonal, Step Right slightly back, Cross Left over Right
&5&6 To the Right diagonal jump forward on Right, Touch Left next to Right, Bump Left hip up, Recover on Right
&7&8 To the Left diagonal jump forward on Left, Touch Right next to Left, Bump Right hip up, Recover on Left

Right Heel Grind ¼ Turn Right, Right Coaster Step, Left Heel Grind ¼ Turn Left, Left Sailor ¼ Turn Left

1 2 Grind Right heel forward, Turn ¼ turn Right stepping back on Left (12 o clock)
3&4 Step back Right, Step Left next to Right, Step Right forward
5 6 Grind Left heel forward, Turn ¼ turn Left Stepping back on Right (9 o clock)
7&8 Sweep Left out and around and behind Right as you turn ¼ turn Left, Step Right to Right Side, (6 o clock) Step Left to Left side

Right Cross Rock & Left Cross Rock & Step ½ Pivot Left x 2

1 2& Cross rock Right over Left, Recover on Left, Step Right to Right side
3 4& Cross rock Left over Right, Recover on Right, Step Left to Left side
5 6 Step forward Right, Pivot ½ turn Left
7 8 Step forward Right, Pivot ½ turn Left

Right Samba Step, Left Samba Step, Cross Right, Left Side, Sailor ¼ Right

1&2 Cross Right over Left, Rock Left to Left side, Recover on Right
3&4 Cross Left over Right, Rock Right to Right side, Recover on Left
5 6 Cross Right over Left, Step Left to Left side
7&8 Sweep Right out and around and behind Left as you turn ¼ turn Right, Step Left to Left side, Step Right to Right Side (9 o clock)

Left Rock Recover, Shuffle ½ Turn Left, Step ½ Pivot Left, Right Heel & Left Heel &

- 1 2 Rock forward Left, Recover on Right
- 3&4 Turn ¼ turn to Left with Left, Step Right next to Left, Turn ¼ turn Left stepping forward Left (3 o'clock)
- 5 6 Step forward Right, Pivot ½ turn Left
- 7&8& Touch Right heel forward, Step Right next to Left, Touch Left heel forward, Step Left next to Right (travelling forward for 7&8&)

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