

Paradise Reggae (On Cruiseship Upper Deck)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner - Reggae
编舞者: Ivan Mao (USA) - June 2013
音乐: Isle of Paradise (Radio Edit) - Bluelagoon : (Album: Isle of Paradise-EP)



Intro: 16 heavy beats, approx. 20 sec. into the music.

FWD CROSS MAMBO. BACK CROSS MAMBO. SLIDE R, STEP. FREE STYLE

1&2 Step/rock Rf cross in front of Lf. Recover onto Lf. Step Rf to R.
3&4 Step/rock Lf cross behind Rf. Recover onto Rf. Step Lf to L.
5, 6 Slide and step Rf long to R. Slide Lf next to Rf and take weight on both feet.
7, 8 For these 2 counts, go wild with Calypso-ish free style with sway, wiggle, rock, roll, twist, shimmy, and/or bob. (12:00)

FWD CROSS MAMBO. BACK CROSS MAMBO. SLIDE L, STEP. FREE STYLE

1&2 Step/rock Lf cross in front of Rf. Recover onto Rf. Step Lf to L.
3&4 Step/rock Rf cross behind Lf. Recover onto Lf. Step Rf to R.
5, 6 Slide and step Lf long to L. Slide Rf next to Lf and take weight on both feet.
7, 8 For these 2 counts, go wild with Calypso-ish free style with sway, wiggle, rock, roll, twist, shimmy, and/or bob. (12:00)

WALK FWD 2 STEPS, MAMBO R. WALK BACK 2 STEPS, MAMBO L.

1, 2 Walk fwd Rf, Lf. (Option: Mash-potato fwd)
3&4 Rock/step Rf to R. Recover onto Lf. Step Rf next to Lf.
5, 6 Walk back Lf, Rf. (Option: Mash potato back)
7&8 Rock/step Lf to L. Recover onto Rf. Step Lf next to Rf. (12:00)

VINE R, TOUCH. VINE L 1/4 TURN, TOUCH.

1,2,3,4 Step Rf to R. Cross Lf behind Rf. Step Rf to R. Touch Lf next to Rf.
(Option: Rolling vine R with a touch and a clap)
(Option: As Lf touch next to Rf on count 4, body bend slightly to R and clap hands waist high to R.)
5,6,7,8 Step Lf to L. Cross Rf behind Lf. Turn 1/4 L stepping Lf fwd. Touch Rf next to Lf. (9:00)
(Option: Clap hands 2X on counts &8).
(Option: Rolling vine 1¼ L with a touch and clap 2X on count &8.)

START OVER

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