

Paradise

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Laura Bartolomei (FR) - June 2016
音樂: Paradise (feat. Cris Cab) - Nehuda



[1 – 8] □ Side, Mambo back, Side, Mambo back, Mambo forward, Coasterstep ½ turn □

1 – 2& Step R to R, Rock L behind R, Recover □ 12:00
3 – 4& Step L to L, Rock R behind L, Recover □ 12:00
5 & 6 Rock R forward, Recover, Step R back □ 12:00
7 & 8 & Step L back, Step R together with L, Step L forward, Make ½ turn R (end weight on R) □ 06:00

[9 – 16] □ Lockstep, Mambo 2x, Weave, Sway 2x □

1 & 2 Step L forward, Lock R behind L, Step L forward □ 06:00
3 & 4& Rock R forward, Recover, Rock R to R, Recover □ 06:00
5 & 6 Cross R behind L, Step L to L, Cross R over L □ 06:00
7 – 8 Step L to L swaying hips to L, Step R to R swaying hips to R □ 06:00

[17 – 24] □ Cross, Point, Sailorpoint ¾ turn, Point, ½ turn, Hip round ½ turn, Bump □

1 – 2 Cross L over R, Point R to R □ 06:00
3&4 Cross R behind L turning ¼ R, Step L slightly L turning ¼ R, Point R forward turning ¼ R □ 03:00
5 – 6 Point R back, Turn ½ R (keep weight on L) □ 09:00
7 – 8 Turn ½ L making a circle with hips from L to R, Bump L hip touching L forward □ 03:00

[25 – 32] □ ¾ turn Sweep, Cross, Mambo cross, Step 3x, Out out, In in ¼ turn □

1 – 2 Step L down with ¾ turn R making sweep with R (front to back), Cross R behind L □ 12:00
3 & 4 Rock L to L, Recover, Step L forward □ 12:00
5 & 6 Small steps R, L, R □ 12:00
&7&8 Step L out, Step R out, Step L in with ¼ turn R, Touch R together with L □ 03:00

Start again! □ □

Restart: □ In the 3rd wall : after count 16 Hip sways □

& Step L together with R □ 12:00
