

Show You Paradise

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Gemma Ridyard (UK) & Tim Johnson (UK) - July 2016
音樂: Paradise - Usher : (Video Version)



Section 1: Rock R – R Replace ¼ , Triple full turn back, and cross ¼ L, R Mambo Forward,

- 1-2 Rock R foot to R Side (styling lift toes of LF up) (1) Replace weight to LF making a ¼ turn R (2)(3o'clock)
- 3&4 Make ¼ R stepping RF Forward (3) Make ¼ R Closing LF next to R (&)) Make ¼ R stepping RF forward (4) (12 o'clock)
- &5,6 Step LF to L side (&) Cross RF Over L (5) Make a ¼ turn L stepping LF forward (6) (9 o'clock)
- 7&8 Rock Forward on RF (7) Replace weight to LF (&) step back on RF (9 o'clock)

Section 2: Chasse ¼ turn L, Cross unwind, 1/8 turn L out out , hold, shoulder pop L & R

- 1&2 Make a ¼ turn L stepping LF to L side (1) step RF Next to L (&) Step LF to L side (2) (6 o'clock)
- &3,4 Cross RF over L (&) Tap L toe Behind RF (3) Unwind Full turn Changing Weight to LF (6 o'clock)
- & 5,6 Make an 1/8 turn L stepping RF out to R Side on R tip toe (&) step LF out to L side tip toe(5) Hold feet hip width apart (6) (finishing facing 5:30)
- 7, 8 Bending Both knee's Pop L shoulder up (7) Switch & pop R shoulder up (8)

Section 3: & cross, Run around turn L, sweep step, step touch L, step touch R

- &1,2 Step LF to L side (&) Cross RF Over LF (1) turn 5/8 turn L stepping RF forward (2) (12 o'clock)
- &3,4 turn a ¼ turn L closing Rf next to L (&) turn a ¼ turn L stepping LF forward as you sweep RF from back to front (3) step RF forward (4) (6 o'clock)
- 5,6 step LF to L side (5) touch R toe next to LF (6 o'clock)
- 7,8 step RF to R side (5) touch L toe next to RF (6 o'clock)

(Styling on counts 5-8; as you step touch to the L imagine you are throwing an over hand ball with your R hand, repeat as you step touch to the R with L hand)

Section 4: Ball walk ¼ turn R, behind, side, infront, hitch, side hold, ball ¼ turn, touch

- &1,2 Step ball of L next to R (&) Step RF forward (1) turn a ¼ turn R stepping LF to L Side (9 o'clock)
- 3&4 step RF Behind L (3) step LF to L side (&) Cross RF infront of L (4) (9 o'clock)
- &5,6 Hitch L knee (&) Step LF to L side (5) hold (6) (Option on 5,6 to drop down with both knees bent)
- &7,8 Step RF next to L (&) Make a ¼ turn L Stepping LF forward (7) touch RF next to L (8) (6 o'clock)

Contact: jamjar100@hotmail.com

(If you have problems obtaining the music, please email us at: jamjar100@hotmail.com)