

# Paranoid

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - October 2022  
音樂: Paranoid (feat. Izzy Bizu) - Welshy : (Spotify / Apple Music / Deezer)



Dance starts on lyrics

## [S1] Knee Pop Walk Fwd, Side-R Heel Swivel-Switch 1/4R, L Heel Swivel-Switch 1/4L

- 1 2      Step forward on R and pop your L knee, Step forward on L and pop your R knee  
3 4      Step forward on R and pop your L knee, Step forward on L and pop your R knee  
5&6&      Touch R to the right, Swivel R heel to the right, Swivel R heel in, Make a ¼ turn right stepping R together (3:00)  
7&8&      Touch L to the left, Swivel L heel to the left, Swivel L heel in, Make a ¼ turn left stepping R together (12:00)

## [S2] Fwd-R Heel Bounce-Switch, Fwd-L Heel Bounce-Switch, Back w/ Body Roll, Back-1/4R-Cross-Side-Behind Rock

- 1&2&      Touch forward on R, R heel bounce up-down (&2), Step R together  
3&4&      Touch forward on L, L heel bounce up-down (&4), Step L together  
5 6&      Step back on R w/ body roll, Step back on L, Make a ¼ turn right stepping R to the side (3:00)  
7&8&      Cross L over R, Step R to the side, Rock L behind R, Replace weight on R (prep for R turn)

## [S3] Reverse Roll-Side w/ Hip Push-&, Side Rock-Hinge 1/2L-Box Step

- 1 2      Make a ¼ turn right stepping back on L (6:00), Make a ½ turn right stepping forward on R (12:00)  
3&4&      Make a ¼ turn right stepping L to the side with hip push to the left (3:00), Replace hips to the centre, Hip push to the left, Step R next to L  
5 6&      Rock L to the side, Replace weight on R (prep for L hinge turn), Make a ½ turn left stepping L to the side (9:00)  
7&8&      Cross R over L, Step back on L, Step R to the side, Step forward on L

## [S4] Kick-Ball-Lock-Step, 1/4L Kick-Ball-Lock-Step, Kick-Ball-Tap, Side-Behind-1/4L

- 1&2&      Kick/hop diagonally forward on R, Step down on R, Lock L behind R, Step forward on R  
3&4&      Making a ¼ turn left- Kick/hop diagonally forward on L, Step down on L, Lock R behind L, Step forward on L (6:00)  
5&6      Kick/hop diagonally forward on R, Step down on R, Tap L behind R  
&7 8      Step L to the side, Make a ¼ turn left stepping forward on R (3:00), Step forward on L

No tags or restarts

Ending suggestion: The last wall starts facing at 12:00. Dance up Section 4 count 6&. Then, Triple 1/2L turn to 12:00 o'clock.

Please feel free to contact me if you need any further information.  
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