

Paranoid

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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