

# Land of Bliss

COPPER KNOB  
STEPSHEETS

拍數: 112      牆數: 1      級數: Phrased Intermediate  
編舞者: Lai Nee (MY), Cat Low (MY) & Jennifer Choo Sue Chin (MY) - July 2023  
音樂: Gokurakujoudo - GARNiDELiA



Phrasing: AABC AABC Tag BC+ AA

Intro: 4x8

## Part A (16 counts)

### Set 1 Mash Potato, X-Jumps End Facing

- &1            (&) Twist both heels outwards, (1) Bring RF in front of LF and twist both heels inwards 12:00  
&2            (&) Twist both heels outwards, (2) Bring RF behind LF and twist both heels inwards 12:00  
&3            (&) Twist both heels outwards, (3) Bring LF behind RF and twist both heels inwards 12:00  
&4            (&) Twist both heels outwards, (4) Bring LF in front of RF and twist both heels inwards 12:00  
5-6            (5)  $\frac{1}{8}$ L Jump out with both feet (shoulder width) facing 10:30, (6)  $\frac{1}{8}$ R Jump in with both feet  
                 12:00  
7-8            (7)  $\frac{1}{8}$ R Jump out with both feet (shoulder width) facing 1:30, (8)  $\frac{1}{8}$ L Jump in with both feet  
                 12:00

### Easier & No Jump version: Charleston Step, Point, Close, Point, Close

- 1-4            (1) Point RF fwd, (2) Step RF back, (3) Point LF back, (4) Step LF fwd 12:00  
5-8            (5)  $\frac{1}{8}$ L Point RF to R, (6)  $\frac{1}{8}$ R Close RF next to LF, (7)  $\frac{1}{8}$ R Point LF to L, (8)  $\frac{1}{8}$ L Close LF  
                 next to RF 12:00

### Set 2 $\frac{1}{4}$ L Paddle Turn, Close, $\frac{1}{4}$ R Paddle Turn, Close

- 1-4            (1)  $\frac{1}{4}$ L Point RF to R, (2)  $\frac{1}{4}$ L Point RF to R, (3)  $\frac{1}{4}$ L Point RF to R, (4) Step RF next to LF 3:00  
5-8            (5)  $\frac{1}{4}$ R Point LF to L, (6)  $\frac{1}{4}$ R Point LF to L, (7)  $\frac{1}{4}$ L Point LF to L, (8) Step LF next to RF 12:00

## Part B (32 counts)

### Set 1 R&L Diagonal Shuffles, $\frac{1}{2}$ L pivot, $\frac{1}{2}$ L Back Shuffle End Facing

- 1&2            (1) Step RF diagonally fwd, (&) Close LF next to RF, (2) Step RF diagonally fwd 12:00  
3&4            (3) Step LF diagonally fwd, (&) Close RF next to LF, (4) Step LF diagonally fwd 12:00  
5-6            (5) Step RF fwd, (6)  $\frac{1}{2}$ L Pivot shifting weight to LF 6:00  
7&8            (7)  $\frac{1}{2}$ L Stepping back on RF, (&) Close LF next to RF, (8) Step RF back 12:00

### Set 2 Back, Back, L Coaster, Point & Point, Body Roll

- 1-2            (1) Step LF back, (2) Step RF back 12:00  
3&4            (3) Step LF back, (&) Step RF next to LF, (4) Step LF fwd 12:00  
5&6            (5) Point RF to R, (&) Close RF next to LF, (6) Point LF to L 12:00  
7-8            (7-8) Roll body to L over 2 counts weight ending on LF 12:00

### Set 3 R&L Sailors, Cross Shuffle, $\frac{1}{2}$ L Cross Shuffle

- 1&2            (1) Step RF behind LF, (&) Step LF to L, (2) Step RF to R 12:00  
3&4            (3) Step LF behind RF, (&) Step RF to R, (4) Step LF to L 12:00  
5&6            (5) Cross RF over LF, (&) Step ball of LF to L, (6) Cross RF over LF 12:00  
7&8            (7)  $\frac{1}{2}$ L Cross LF over RF, (&) Step ball of RF to R, (8) Cross LF over RF 6:00

### Set 4 Stomp Fwd Hold, $\frac{1}{2}$ L Pivot Hold, Heel & Heel & Fwd Close

- 1-2            (1) Stomp RF fwd, (2) Hold 6:00  
3-4            (3)  $\frac{1}{2}$ L Shifting weight to LF, (4) Hold 12:00  
5&6&            (5) Dig R heel fwd, (&) Close RF next to LF, (6) Dig L heel fwd, (&) Close LF next to RF 12:00  
7-8            (7) RF take a big step fwd, (8) Close LF next to RF 12:00

## Part C (64 counts)

**Set 1 Side, Behind & Heel, Hold, Side, Behind & Heel, Hold End Facing**

- 1-2& (1) Step RF to R, (2) Step ball of LF behind RF, (&) Step RF to R 12:00  
3-4 (3) Dig L heel to L diag fwd, (4) Hold 12:00  
5-6& (5) Step LF to L, (6) Step ball of RF behind LF, (&) Step LF to L 12:00  
7-8 (7) Dig R heel to R diag, (8) Hold 12:00

**Set 2 Side Together Side Close, ¼R Jazz Box**

- 1-4 (1) Step RF to R, (2) Close LF next to RF, (3) Step RF to R, (4) Close LF next to RF 12:00  
5-8 (5) Cross RF over LF, (6) ¼R Step LF back, (7) ¼R step RF to R, (8) Close LF next to RF 3:00

**Set 3 Side, Behind & Heel, Hold, Side, Behind & Heel, Hold**

- 1-8 Repeat Set 1 of Part C 3:00

**Set 4 Side Together Side Close, ¼R Jazz Box**

- 1-8 Repeat Set 2 of Part C, and point LF to L on Count 8 6:00

**Set 5 L Rolling Vine Point, R Rolling Vine Close & Clap 2x**

- 1-4 (1) ¼L step LF fwd, (2) ½L step RF back, (3) ¼L Step LF to L, (4) Point RF to R 6:00  
5-7 (5) ¼R step RF fwd, (6) ½R step LF back, (7) ¼R Step RF to R, 6:00  
&8 (&) Clap hands (8) Close LF next to RF & clap hands 6:00

**Set 6 Kick Ball Change 2x, V Step**

- 1&2 (1) Kick RF fwd, (&) Step ball of RF next to LF, (2) Step LF fwd 6:00  
3&4 (3) Kick RF fwd, (&) Step ball of RF next to LF, (4) Step LF fwd 6:00  
5-8 (5) Step RF diag fwd R, (6) Step LF diag fwd L, (7) Step RF back in, (8) Step LF next to RF 6:00

**Set 7 R Rolling Vine, L Rolling Vine**

- 1-4 (1) ¼R step RF fwd, (2) ½R step LF back, (3) ¼R Step RF to R, (4) Touch LF next to RF 6:00  
5-8 (5) ¼L step LF fwd, (6) ½L step RF back, (7) ¼L Step LF to L, (8) Touch RF next to LF 6:00

**Set 8 R&L Hip Bumps, ½L Pivot, Side, Jump to close**

- 1&2 (1) Bump hip to R, (&) Recover to centre, (2) Sit on R hip 6:00  
3&4 (3) Bump hip to L, (&) Recover to centre, (2) Sit on L hip 6:00

**Styling: Lift both arms above head with bent elbows, with palms (apart) facing each other, bent both wrists according to the direction of the hips when doing 1&2, 3&4 above.**

- 5-8 (5) Step RF fwd, (6) ½L shifting weight to LF, (7) Step RF out to R, (8) Jump both feet in together 12:00

**Note: The 3rd time you do C, add the following steps after set 8:**

**+ R&L Hip Bumps, Rocking Chair**

- 1-4 Repeat Counts 1-4 of Part C Set 8 12:00  
5-8 (5) Rock RF fwd, (6) Recover on LF, (7) Rock RF back, (8) Recover on LF 12:00

**Then connect to Part A facing 12:00.**

**Tag****Set 1 Slow walks, ¼R Touch Fwd, Heel twist End Facing**

- 1-2 Step RF fwd over 2 counts 12:00  
3-4 Step LF fwd over 2 counts 12:00  
5-6 ¼R Touch RF fwd and sit on L hip over 2 counts 3:00  
&7-8 Twist R heel out, Return R heel to normal, Hold 3:00

**Set 2-4 Slow walks, ¼R Touch Fwd, Heel twist**

- 1-8 Repeat Set 1 (3x) end facing 6:00, 9:00 and 12:00 for each set respectively 12:00

**Set 5 Body Roll**

1-4 Roll body from top to bottom over 4 counts 12:00

**Then connect to Part B facing 12:00.**

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