

Paradise Tonight

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Glynn Rodgers (UK) - December 2024
音樂: Paradise Tonight - Mickey Gilley & Charly McClain
或: Paradise Tonight - Robert Mizzell



Phrasing Restart after 8 counts on wall 4 and after 28 on walls 6&8

Note: Both Mickey Gilley & Robert Mizzell's versions use the same restarts and all restarts happen facing 12:00!

[1-8] Charleston Swings, Jazz ¼ Turn.

1-2 Swing right foot forward touching toe forward, swing right foot back and step down.
3-4 Swing left foot back touching toe back, swing left foot forward and step down.
5-6 Cross right over left, turn ¼ right stepping back left (3:00).
7-8 Step right to right side, step slightly forward left.

**** Restart here on wall 4 (Start wall facing 9:00, restart facing 12:00)**

[9-16] Forward Rock, Shuffle ½ Turn, Forward Rock, Shuffle ¾ Turn.

1-2 Rock forward right, recover weight on to left.
3&4 Shuffle ½ turn right stepping – right-left-right (9:00).
5-6 Rock forward left, recover weight on to right.
7&8 Shuffle ¾ turn left stepping – left-right-left (12:00).

[17-24] Side Mambos Right & Left, Side, Close, Chasse ¼ Turn.

1&2 Rock right to right side, recover weight on to left, step right beside left.
3&4 Rock left to left side, recover weight on to right, step left beside right.
**** Alternatively, you can use Mambo Crosses for counts 1-4**
5-6 Step right to right side, close left to right.
7&8 Step right to right side, close left to right, turn ¼ right stepping forward right (3:00).

[25-32] Paddle/Chug Turn, Shuffle Forward, Paddle/Chug Turn, Walk Forward.

1& Step forward on ball of left foot, recover weight on to right turning ¼ right (6:00)
2& Step forward on ball of left foot, recover weight on to right turning ¼ right (9:00)
3&4 Shuffle forward – left-right-left.

**** Restart here on walls 6&8 (both start facing 3:00 and restart facing 12:00)**

5& Step forward on ball of right foot, recover weight on to left turning ¼ left (6:00)
6& Step forward on ball of right foot, recover weight on to left turning ¼ left (3:00)
7-8 Walk forward right-left.

Easier alternative for paddle turns;

1-2 Step forward left, pivot ½ turn right. 5-6 Step forward right, pivot ½ turn left.

For the restarts on walls 6&8, listening for the music changing and they sing “ooooh, so this is paradise, oooooh, so this is paradise. Paradise all night” then start again.