

Paradise Hop

拍數: 64 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK)
音樂: From Hell to Paradise - The Mavericks



KICK BALL POINT, CROSS, UNWIND, X 2

1&2 Kick right foot forward, step onto ball of right foot, touch left toes to left side
3-4 Cross left foot across right, unwind ½ turn right
5&6 Kick right foot forward, step onto ball of right foot, touch left toes to left side
7-8 Cross left foot across right, unwind ½ turn right

SHUFFLE FORWARD X 4

1&2 Shuffle forward-right, left, right
3&4 Shuffle forward-left, right, left
5&6 Shuffle forward-right, left, right
7&8 Shuffle forward-left, right, left

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2 Step right foot to right side, cross left foot behind right
3-4 Step right foot to right side, stomp left foot next to right
5-6 Step right foot ¼ turn right, swing left foot ½ turn right in front of right foot stepping onto left foot
7-8 Swing right foot ½ turn right behind left foot stepping onto right foot, touch left foot next to right

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2 Step left foot to left side, cross right foot behind left
3-4 Step left foot to left side, stomp right foot next to left
5-6 Step left foot ¼ turn left, swing right foot ½ turn left in front of left foot stepping onto right foot
7-8 Swing left foot ½ turn left behind right foot stepping onto left foot, touch right foot next to left

TRAVELING HITCH HOP

1-2 Hitch right knee pointing knee slightly right and hop on left foot, step right foot down
3-4 Hitch left knee pointing knee slightly left and hop on right foot, step left foot down
5-6 Hitch right knee pointing knee slightly right and hop on left foot, step right foot down
7-8 Hitch left knee pointing knee slightly left and hop on right foot, step left foot down

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2 Step right foot to right side, cross left foot behind right
3-4 Step right foot to right side, stomp left foot next to right
5-6 Step right foot ¼ turn right, swing left foot ½ turn right in front of right foot stepping onto left foot
7-8 Swing right foot ½ turn right behind left foot stepping onto right foot, touch left foot next to right

GRAPEVINE & STOMP, TURNING GRAPEVINE & TOUCH

1-2 Step left foot to left side, cross right foot behind left
3-4 Step left foot to left side, stomp right foot next to left
5-6 Step left foot ¼ turn left, swing right foot ½ turn left in front of left foot stepping onto right foot
7-8 Swing left foot ½ turn left behind right foot stepping onto left foot, touch right foot next to left

JUMP, CROSS, UNWIND, CLAP, JAZZ BOX ¼ TURN

- 1-2 Jump both feet apart, cross right foot in front of left
- 3-4 Unwind $\frac{1}{2}$ turn left, clap
- 5-6 Cross right foot over left. Step left foot back
- 7-8 Step right foot back turning $\frac{1}{4}$ turn left, stomp left foot next to right

REPEAT
