

# 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**

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