

# Paradise Lost

COPPERKNOB  
STEPSHEETS

拍數: 0      牆數: 0      級數:  
編舞者: Pete Sewood  
音樂: Paradise - Kaci



Sequence: AAB throughout the track

## PART A

### MAMBO STEPS, ROCK AND CROSS TWICE

1&2      Rock right forward, recover on left, step right beside left  
3&4      Rock left back, recover on right, step left beside right  
5&6      Rock right to right side, step left slightly back, cross right over left  
7&8      Rock left to left side, step right slightly back, cross left over right

### WALK TWICE, LOCK STEP, ½ PIVOT TURN RIGHT, KICK BALL CHANGE

1-2      Walk forward right, walk forward left  
3&4      Step forward right, lock left behind right, step forward right  
5-6      Step forward on left, ½ pivot turn right stepping forward on right  
7&8      Kick left foot forward, step left beside right, step right in place

### MAMBO STEPS, ROCK AND CROSS TWICE

1&2      Rock left forward, recover on right, step left beside right  
3&4      Rock right back, recover on left, step right beside left  
5&6      Rock left to left side, step slightly back on right, cross left over right  
7&8      Rock right to right side, step left slightly back, cross right over left

### WALK TWICE, LOCK STEP, ½ PIVOT TURN RIGHT, KICK BALL CHANGE

1-2      Walk forward left, walk forward right  
3&4      Step forward left, lock right behind left, step forward on left  
5-6      Step forward on right, ½ pivot turn left stepping forward on left  
7&8      Kick right foot forward, step right beside left, step left in place

## PART B

### STEP, SLIDE, HIP ROLL TWICE

1-2      Step right long step to right side, slide left to step beside right  
3-4      Hip roll left (to the left) over 2 counts, weight ends on right  
5-6      Step left long step to left side, slide right to step beside left  
7-8      Hip roll right (to the right) over 2 counts, weight ends on left

### SKATE X4, SIDE SHUFFLE RIGHT, ROCK & RECOVER

1-4      Skate forward right, left, right, left  
5&6      Step right to right side, close left to right, step right to right  
7-8      Rock back on left behind right, recover on right

### SIDE SHUFFLE LEFT, ROCK & RECOVER, KICK BALL CHANGE TWICE

1&2      Step left to left side, close right to left, step left to left  
3-4      Rock back on right behind left, recover on left  
5&6      Kick right foot forward, step right beside left, step left in place  
7&8      Kick right foot forward, step right beside left, step left in place

### ½ PIVOT TURN, KICK BALL CHANGE TWICE, ½ PIVOT TURN

1-2      Step forward on right, ½ pivot turn left stepping forward on left

- 3&4 Kick right foot forward, step right beside left, step left in place  
5&6 Kick right foot forward, step right beside left, step left in place  
7-8 Step forward on right, ½ pivot turn left stepping forward on left

**SIDE LUNGE, TOE TOUCHES TWICE**

- 1-2 Lunge to right side on right (lifting left heel), hold for 1 count  
&3&4 Touch left toe next to right, touch left toe to left side, touch left toe next to right, touch left toe to left side  
5-6 Drop left heel (taking weight on left), hold for 1 count  
&7&8 Touch right toe next to left, touch right toe to right side, touch right toe next to left, touch right toe to right side

**CROSS OVER, UNWIND, FULL TURN LEFT**

- 1-4 Cross right over left, unwind full turn left over 3 counts (heel bounces optional)
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