

Paradise Strut

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Roy Greene (USA)
音樂: Even If I Tried - Emilio



HEEL, HEEL / SIDE, SIDE / STOMP, STOMP

1-2 Tap right heel forward twice
3-4 Touch / point right toe out to right side twice
5-6 Stomp right foot twice, ending weight on it

HEEL / SIDE / HOME / SIDE / KNEE / SIDE / KNEE

7 Touch left heel forward
8 Touch / point left toe out to left side
9 Touch left toe next to instep of right foot
10 Touch / point left toe out to left side
11 Hitch left knee across body toward right
12 Touch / point left toe out to left side
13 Hitch left knee across body toward right

VINE, 2, 3 / KICK / TURN / KICK / STEP

14 Step left foot to left side
15 Step left on right foot, crossing behind left foot
16 Step left foot to left side
17 Kick right foot forward
18 Turn ¼ left on ball of left foot, while kicking right foot back
19 Kick right foot forward
20 Step right foot home

STRUT STEP / STRUT STEP / STRUT STEP / STRUT HOLD

21 Step left foot forward, heel raised
22 Slap down heel of left foot
23 Step right foot forward, heel raised
24 Slap down heel of right foot
25 Step left foot forward, heel raised
26 Slap down heel of left foot
27 Step right foot forward, heel raised
28 Hold position with right heel raised for 1 beat

KNEE / KNEE / KNEE / HOLD

29 Push right heel to floor, raising left heel off floor
30 Push left heel to floor, raising right heel off floor
31 Push right heel to floor, raising left heel off floor
32 Hold position with left heel raised for 1 beat

VINE, BEHIND, VINE, IN FRONT, VINE / STOMP

33 Step left foot to left side
34 Step right foot to left, crossing behind left foot
35 Step left foot to left side
36 Step right foot to left, crossing in front of left foot
37 Step left foot to left side
38 Stomp up right foot next to left foot, weight remaining on left foot

KICK, KICK / BUMP, BUMP / BUMP, BUMP

- 39-40 Kick right foot forward twice
- 41 Step right foot back, bumping right hip back to right
- 42 Bump right hip back to right again
- 43-44 Bump hips forward to left twice

ROLL YOUR HIPS HERE

- 45-48 Roll hips in a big circle-right / left / right / left -with weight ending on left foot

REPEAT
