Paranoia



拍數: 0 牆數: 4 級數: Intermediate

編舞者: PJ (UK)

音樂: Suspicion - John Dean



Sequence: The music "Suspicion" by John Dean is phrased. Dance the dance through in the sequence: A B A B A A B(24) B. After dancing up to count 23 of section B, then scuff left foot forward for count 24. Dance section B through again from the beginning. After count 28, step left foot to left side throwing arms up into the air for a dramatic finish.

PART A

ROCK LEFT, RECOVER, SIDE, HOLD, CROSS ROCK, RECOVER, 1/4 TURN, HOLD

1-2	Rock left foot to left side bumping hips left, recover weight to right foot bumping hips right
1-4	TYOCK ICIL IOOL IO ICIL SIDE DUITIDITIA HIDS ICIL. ICCOVCI WEIGHT IO HAHL IOOL DUITIDITIA HIDS HAHL

3-4 Slide left foot long step to left side, hold

5-6 Cross rock right over left, recover weight to left foot
7-8 Make ¼ turn right stepping forward on to right foot, hold

STEP, ½ PIVOT, STEP, HOLD, STEP BACK, TOGETHER, STEP, ½ PIVOT

9-10	Step forward on	left foot, p	ivot ½ turn	riaht (weiaht	on right)

11-12 Step forward on left foot, hold

13-14 Step back on right foot, close left beside right

15-16 Step forward on right foot, pivot ½ turn left (weight on left)

ROCK RIGHT, RECOVER, SIDE, HOLD, CROSS ROCK, RECOVER, ¼ TURN, HOLD

17-18 Rock right foot to right side bumping hips right, recover weight to lef	

19-20 Slide right foot long step to right side, hold

21-22 Cross rock left over right, recover weight to right foot 23-24 Make ¼ turn left stepping forward on to left foot, hold

STEP, ½ PIVOT, STEP, STEP, ROCK FORWARD, RECOVER, COASTER STEP

25-26	Step forward	l on right foot.	, pivot ½ turn let	t (weight on left)

27-28 Step forward on right foot, step forward on left foot

29-30 Rock forward on right foot, recover weight back on to left foot

31&32 Step back on right foot, close left beside right, step forward on right foot

TOE STRUTS, JAZZ BOX 1/4 TURN WITH SIDE TOUCH

33-34	Step forward on left toe, drop left heel to floor (taking weight to left foot)
35-36	Step forward on right toe, drop right heel to floor (taking weight to right foot)

37-38 Cross left over right, step back on right foot

39-40 Make ¼ turn left stepping left foot to left side, touch right toe to right side

CROSS, TOUCH, CROSS, TOUCH (FORWARD AND BACK, WITH CLAPS)

41-42	Cross right over left, touch left toe to left side (clapping hands)
43-44	Cross left over right, touch right toe to right side (clapping hands)
45-46	Cross right behind left, touch left toe to left side (clapping hands)
47-48	Cross left behind right, touch right toe to right side (clapping hands)

RIGHT VINE WITH 1/4 TURN, HOLD, STEP, 1/2 PIVOT, STEP, HOLD

49-50	Step right foot to right side, cross left behind right
51-52	Make 1/4 turn right stepping forward on to right foot, hold
53-54	Step forward on left foot, pivot ½ turn right (weight on right)
EE E6	Stan farward on left fact, hold

55-56 Step forward on left foot, hold

STEP, KICK, STEP BACK, ROCK BACK, RECOVER, STEP, ½ PIVOT, STEP 57-58 Step forward on right foot, kick left foot forward 59-60 Step back on left foot, rock back on right foot 61-62 Recover weight forward to left foot, step forward on to right foot Pivot ½ turn left (weight on left), step forward on right foot 63-64 PART B JAZZ JUMP FORWARD, HOLD, LEFT KNEE POP, SIDE ROCK, MONTEREY TURN &1 Jump slightly forward landing with feet shoulder width apart, stepping left then right 2 3-4 Pop left knee across right, rock weight to left foot 5-6 Touch right toe to right side, make ½ turn right closing right beside left 7-8 Touch left toe to left side, close left beside right JAZZ JUMP FORWARD, HOLD, RIGHT KNEE POP, HOLD, ¼ TURN, STEP, ½ TURN, STEP Jump slightly forward landing with feet shoulder width apart, stepping right then left &9 10 Hold 11-12 Pop right knee across left, hold 13-14 Make ¼ turn right stepping forward on to right foot, step forward on left foot 15-16 Pivot ½ turn right (weight on right), step forward on left foot JAZZ JUMP FORWARD, HOLD, POP LEFT KNEE, SIDE STEP, CROSS ROCK, 11/4 TURN RIGHT, KICK BALL TOUCH &17 Jump slightly forward landing with feet shoulder width apart, stepping right then left 18 Hold 19-20 Pop left knee across right, rock weight to left foot 21-22 Cross rock right over left, recover weight to left foot 23-24 Make ¼ turn right stepping forward on to right foot, make ½ turn right stepping back on to left foot 25-26 Make ½ turn right stepping forward on to right foot, step forward on to left foot

Kick right foot forward, close right beside left, touch left beside right

27&28