

Summer Paradise

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Niels Poulsen (DK) - May 2012
音樂: Summer Paradise (feat. Sean Paul) - Simple Plan : (iTunes)
或: Summer Paradise (feat. K'naan) - Simple Plan



Intro: 16 counts from first beat in music (app. 14 secs into track). Weight on L foot

[1 – 8] Walk R L, point R fw, point R back, Repeat these first 4 counts

1 – 2 Walk fw on R (1), walk fw on L (2) 12:00
3 – 4 Point R fw (3), point R back (4) 12:00
5 – 6 Walk fw on R (5), walk fw on L (6) 12:00
7 – 8 Point R fw (7), point R back (8) 12:00

[9 – 16] Rock R fw, run back R L R, walk back L, R coaster step, run fw L R L R (optional styling)

1& Rock fw on R (1), recover weight back on L (&) 12:00
2&3 – 4 Run back on R (2), run back on L (&), run back on R (3), walk back on L (4) 12:00
5&6 Step back on R (5), step L next to R (&), step fw on R (6) 12:00
7&8& Run fw on L (7), run fw on R (&), run fw on L (8), run fw on R (&)

Styling: bend in knees and wiggle them L, R, L, R (like boogie walks but faster!) 12:00

[17 – 24] Rock L fw, shuffle ½ L, step ½ turn L X 2

1 – 2 Rock fw on L (1), recover weight back on R (2) 12:00
3&4 Turn ¼ L stepping L to L side (3), step R next to L (&), turn ¼ L stepping fw on L (4) 6:00
5 – 6 Step fw on R (5), turn ½ L stepping onto L (6) 12:00
7 – 8 Step fw on R (7), turn ½ L stepping onto L (8) 6:00

[25 – 32] R step lock X 2, walk fw R L, R mambo fw, ¼ L into L chasse

1&2& Step fw on R (1), lock L behind R (&), step fw on R (2), lock L behind R (&) 6:00
3 – 4 Walk fw on R (3), walk fw on L (4) * Restart 3 comes here (facing 12:00) 6:00
5&6 Rock fw on R (5), recover back on L (&), step back on R (6) 6:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) 3:00

[33 – 40] R cross samba, L cross samba, R jazz box ¼ R, cross

1&2 Cross R over L (1), rock L to L side (&), recover weight on R (2) 3:00
3&4 Cross L over R (3), rock R to R side (&), recover weight on L (4) 3:00
5 – 6 Cross R over L (5), turn ¼ R stepping back on L (6) 6:00
7 – 8 Step R to R side (7), cross L over R (8) 6:00

[41 – 48] R side mambo, L side mambo, step ½ L X 2

1&2 Rock R to R side (1), recover on L (&), step R next to L (2) 6:00
3&4 Rock L to L side (3), recover on R (&), step L next to R (4) * Restart 1 + 2 (facing 12:00) 6:00
5 – 6 Step fw on R (5), turn ½ L stepping onto L (6) 12:00
7 – 8 Step fw on R (7), turn ½ L stepping onto L (8) 6:00

BEGIN AGAIN and... ENJOY!

2 EASY tags:-

First tag is a 2 count tag after wall 1, facing 6:00. Do a R rocking chair: Rock fw on R (1), recover back on L (&), rock back on R (2), recover fw on L (&). Then start the dance again!

Second tag is a 4 count tag after wall 5, facing 6:00 again. Do a R rocking chair TWICE:

Rock R fw (1), recover back on L (&), rock back on R (2), recover fw on L (&), rock R fw (3), recover back on

L (&), rock back on R (4), recover fw on L (&). Then start the dance again! 6:00

3 EASY restarts:-

First 2 restarts come on wall 2 + 4, after count 44, facing 12:00. Easy to hear in the music!

3rd restart comes on wall 6, after count 28, facing 12:00. Good luck with that one! 12:00

Note! The 2 tags happen facing 6:00. The 3 restarts all happen facing 12:00. Easy!

Ending You will automatically end facing 12:00! The ending comes on wall 7 which starts facing 12:00. Do up to count 44,...

Then do your step ½ turn L (count 5 + 6) hitting the beats in the words 'Heart' and 'Beat'... On count 7 you step fw on R hitting the word 'Yeah'... 12:00

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