

# Run to Paradise

**COPPER** **KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Christine Tyson (AUS) - May 2011  
音樂: Run to Paradise - Choirboys : (Album: Gimme 5 - EP - 4:08)



**(1-8) L toe strut, R toe strut, L side shuffle, rock back, recover.**

1,2,3,4      Step L toe to L side, drop L heel, step R toe over L, drop R heel  
5&6,7,8      step L to L side, step R beside L (&), step L to L side, rock back on R, recover weight to L

**(9-16) R rocking Chair, step side together, step to the side and turn 180deg L hitching L leg**

1,2,3,4      Rock fwd on R, Recover weight to L, rock back on R, recover weight to L  
5,6,7,8      step R to R side, step L beside R, step R slightly to the R and turning 180 degs L hitch L Leg up and around over 2 counts (6oclock)

**(17-24) L toe strut, R toe strut, rock to the side, recover, rock back, recover**

1,2,3,4      Step L toe to L side, drop L heel, step R toe over L, drop R heel  
5,6,7,8      Rock L to L side, recover to R, Rock back on L, recover to R

**(25-32) L shuffle fwd, step R fwd, Pivot 180 degs L, small runs fwd R,L,R, L skate, R skate**

1&2,3,4      Step L fwd, step R beside L, step L fwd, step R fwd, pivoting 180deg L take weight on L  
5&6,7,8      Small running steps fwd R,L,R (5&6), skate L to L diagonal, skate R to R diagonal (12oclock)

**(\*\*) Restart wall 2- (3oclock)**

**(33-40) L Stomp, Hold, R stomp, Hold, Hinge 180deg L stepping L to L side, tap R beside L, ¼ L Step back on R toe strut**

1,2,3,4      Stomp L foot to L side, Hold, Stomp R foot to R side, Hold  
5,6,7,8      turning 180deg L step L to L side, tap R beside L, turning ¼ L step back on R toe, drop R Heel (3oclock)

**(\*\*\*) Restart wall 4 – (9 oclock)**

**(41-48) Step L back, ½ R turn fwd on R, step L fwd, Scuff R, R Lock shuffle fwd, L Lock shuffle fwd**

1,2,3,4      Step back on L, turning ½ R step fwd on R, step L fwd, scuff R fwd (9oclock)  
5&6,7&8      Step R fwd on R diagonal, step L behind R (&), step R fwd on R diagonal, step L fwd on L diagonal, step R behind L, step L fwd on L diagonal

**(49-56) Rock R fwd, recover, 180degs R stepping R fwd, Hold, turn 360deg, L shuffle fwd**

1,2,3,4      Rock R fwd, recover to L, turning 180 R step fwd on R, Hold  
5,6,7&8      turning 180deg R step back on L, turning 180deg R step fwd on R, step L fwd, step R beside L, step L fwd (3oclock)

**(57-64) Out, Out, In, In, step R slightly to the R and Dble R hip, L hip, R hip**

1,2,3,4      Step R out to R diagonal, Step L out to L diagonal, Step R back to centre, step L beside R.  
5,6,7,8      Stepping R slightly to the R do double R hip (5,6), L hip, R hip (7,8) (\*\*\*\*)

**Begin again,**

**There are 2 Restarts and 1 Tag:-**

**Wall 2 Restart after count 32 (\*\*) Facing 3oclock**

**Wall 4 Restart after count 40 (\*\*\*) Facing 9oclock**

**Tag: On the 7th wall after count 60 do double right , double left, weight on the left foot and do the last 8 counts of the dance again as written (\*\*\*\*) facing the 6'oclock wall**

**To End facing 12o'clock on the last 4 counts (60-64) do double right hips , double left hips then add Step R**

out to R diagonal, Step L out to L diagonal, Step R back to centre, step L beside R.

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