

# Paradise Reggae (On Cruiseship Upper Deck)

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Beginner - Reggae  
編舞者: Ivan Mao (USA) - June 2013  
音樂: Isle of Paradise (Radio Edit) - Bluelagoon : (Album: Isle of Paradise-EP)



**Intro: 16 heavy beats, approx. 20 sec. into the music.**

## **FWD CROSS MAMBO. BACK CROSS MAMBO. SLIDE R, STEP. FREE STYLE**

1&2                      Step/rock Rf cross in front of Lf. Recover onto Lf. Step Rf to R.  
3&4                      Step/rock Lf cross behind Rf. Recover onto Rf. Step Lf to L.  
5, 6                      Slide and step Rf long to R. Slide Lf next to Rf and take weight on both feet.  
7, 8                      For these 2 counts, go wild with Calypso-ish free style with sway, wiggle, rock, roll, twist, shimmy, and/or bob. (12:00)

## **FWD CROSS MAMBO. BACK CROSS MAMBO. SLIDE L, STEP. FREE STYLE**

1&2                      Step/rock Lf cross in front of Rf. Recover onto Rf. Step Lf to L.  
3&4                      Step/rock Rf cross behind Lf. Recover onto Lf. Step Rf to R.  
5, 6                      Slide and step Lf long to L. Slide Rf next to Lf and take weight on both feet.  
7, 8                      For these 2 counts, go wild with Calypso-ish free style with sway, wiggle, rock, roll, twist, shimmy, and/or bob. (12:00)

## **WALK FWD 2 STEPS, MAMBO R. WALK BACK 2 STEPS, MAMBO L.**

1, 2                      Walk fwd Rf, Lf. (Option: Mash-potato fwd)  
3&4                      Rock/step Rf to R. Recover onto Lf. Step Rf next to Lf.  
5, 6                      Walk back Lf, Rf. (Option: Mash potato back)  
7&8                      Rock/step Lf to L. Recover onto Rf. Step Lf next to Rf. (12:00)

## **VINE R, TOUCH. VINE L 1/4 TURN, TOUCH.**

1,2,3,4                      Step Rf to R. Cross Lf behind Rf. Step Rf to R. Touch Lf next to Rf.  
(Option: Rolling vine R with a touch and a clap)  
(Option: As Lf touch next to Rf on count 4, body bend slightly to R and clap hands waist high to R.)  
5,6,7,8                      Step Lf to L. Cross Rf behind Lf. Turn 1/4 L stepping Lf fwd. Touch Rf next to Lf. (9:00)  
(Option: Clap hands 2X on counts &8).  
(Option: Rolling vine 1¼ L with a touch and clap 2X on count &8.)

**START OVER**

Contact: [mao.ivan@gmail.com](mailto:mao.ivan@gmail.com)