

Palisades Park

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Mark Cosenza (USA)

Musik: Palisades Park - Freddie Cannon



FORWARD STROLLS, 1/4 PIVOT FORWARD SAILOR

- 1-2 Cross forward right, hold and swing left arm up towards right shoulder
- 3-4 Cross forward left, hold and swing right arm up towards left shoulder
- 5-6-7-8 Pivoting 1/4 left, cross right over left, step back left, step side right, hold

STEP FORWARD, KICK FORWARD, CROSS BEHIND, CROSS IN FRONT

- 1-2 Step left forward diagonal right (facing diagonal right), hold
- 3-4 Kick right forward diagonal right, hold
- 5-6-7-8 Cross right behind left (squaring off to 9:00 wall), step left side left, cross right across left, hold

SIDE ROCK & RECOVER, CROSS, STEP, CROSS, 1/2 TURN TWISTS

- 1-2 Side rock left, recover right
- 3-4-5 Cross left over right, step right side right, cross left over right
- 6-7-8 Pivoting 1/2 right, twist heels left, right, left (bending your knees slightly for style) - shift your weight to the left foot

COASTER STEP, FULL TRIPLE FORWARD

- 1-2-3-4 Step right back, step together left, step right forward, hold
- 5-6-7 Full triple forward: turning 1/4 right, step left forward, turning 1/2 right, step down on right, turning 1/4 right, step left forward
- 8 Hold

DIAGONAL TRIPLES FORWARD TO THE RIGHT AND FORWARD TO THE LEFT

- 1-2-3-4 Moving diagonal right, step right forward, step left next to right, step right forward, hold
- 5-6-7-8 Moving diagonal left, step left forward, step right next to left, step left forward, hold

For additional styling, "shoop" your arms slightly up on the odd counts

CROSS ROCK 1/4 TURN, STEP 1/2 TURN

- 1-2-3-4 Cross rock right over left, recover left as you pivot 1/4 turn right, step forward right, hold
- 5-6-7-8 Step left forward and pivot 1/2 turn right, step right forward, step left forward, hold

SIDE ROCK & RECOVER, CROSS, STEP, CROSS, 1/2 TURN TWISTS

- 1-2 Side rock right, recover left
- 3-4-5 Cross right over left, step left side left, cross right over left
- 6-7-8 Pivoting 1/2 left, twist heels right, left, right (bending your knees slightly for style) - shift your weight to the right foot

KICK BALL STEP, FULL TRIPLE FORWARD

- 1-2-3-4 Kick left forward, step down on left, step forward right, hold
- 5-6-7 Full triple forward: turning 1/4 right, step left forward, turning 1/2 right, step down on right, turning 1/4 right, step left forward
- 8 Hold

REPEAT

RESTART

On the 4th wall (conclusion of the instrumental), you will do a slightly modified version of the first 16 counts. The first 13 counts remain as is. On count 14 (6) as you step left, pivot $\frac{1}{4}$ turn left returning to the first wall. Counts 15 (7) and 16 (8) step forward right and left and begin the dance again.
