

# Palisades Park

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Mark Cosenza (USA)  
音乐: 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.

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