Gangsta's Paradise



编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - April 2008

音乐: Gangsta's Paradise - Coolio



Starts on Vocal (16 Counts)

Walk, Walk, Step	1/2 Step.	1/2 . 1/4	. Cross. Rock Ste	p. Cross.	1/4	1/2 . 1/4 Side.
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1-2	Walk forward Left-Right.
1-4	Walk lolwald Lelt-Might.

3&4 Step forward on Left, pivot 1/2 turn to Right, step forward on Left

5&6 Make 1/2 turn to Left stepping back on Right, 1/4 turn to Left stepping Left to Left side, cross

step Right over Left.

&7& Rock to Left side on Left, recover on Right, cross step Left over Right.

8&1 Make 1/4 turn to Left stepping back on Right, 1/2 turn to Left stepping forward on Left, 1/4

turn to Left stepping Right to Right side.

Rock & Side, Behind 1/4 1/4, Behind 1/4 Step, Step, Full Turn.

2&3 Cross rock Left behind Right, recover on Right, step Left to Left side.

4&5 Cross step Right behind Left, make 1/4 turn to Left stepping forward Left, 1/4 turn to Left

stepping Right to Right side.

6&7 Cross step Left behind Right, make 1/4 turn to Right stepping forward on Right, step forward

Left.

8&1 Step forward on Right, pivot 1/2 turn to Left, make 1/2 turn to Left stepping back on Right.

Make 1/4 Turn, Behind, 1/8, 1/8, Back, Behind 1/4, 1/4, Rock & Side.

2-3 Make 1/4 turn to Left stepping Left to Left side, cross step Right behind Left.

4&5 Make 1/8 turn to Left stepping forward diagonal Left, 1/8 turn to Left stepping Right back

diagonal Right, step back on Left,

Step back on Right (slightly behind Left) make 1/4 turn to Left stepping forward on Left, make

1/4 turn to Left stepping Right to Right side.

8&1 Cross Rock Left behind Right, recover on Right, step Left to Left side.

Turn 1/2, Step, Step 1/2 Step, 1/2, 1/4, Rock & Knee Roll Step.

2-3 Make 1/2 turn to Right stepping forward on Right, step forward on Left.

4&5 Step forward on Right, pivot 1/2 turn to Left, step forward on Right.

6-7 Make 1/2 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side.

8&1 Cross rock Left behind Right, recover on Right, *R* make a small step forward & slightly out

to Left side as you roll Left knee & hip out to Left.

Knee Roll Step, Step, Sailor 3/4 Cross, Rock & Kick Cross, Coaster Step.

2-3 Make a small step forward & slightly out to Right side as you roll Right knee & hip out to

Right, step slightly back on Left pushing your butt out & chest slightly forward.

4&5 Cross step Right behind Left making 1/4 turn to Right, make 1/4 turn to Right stepping Left

next to Right, 1/4 turn to Right cross stepping Right over Left.

6&7& Rock to Left side on Left, recover Right, kick Left forward, cross/lock Left over Right.

Step back on Right, step Left next to Right, step forward on Right.

Step, 1/2 Pivot, 1/2, 1/2, Step, Mambo Step, Sailor 1/4 Turn.

2-3 Step forward on Left, pivot 1/2 turn to Right.

4&5 Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right,

step forward on Left.

Rock forward on Right, recover on Left, step back on Right.

8&1 Cross step Left behind Right making 1/4 turn to Left, step Right next to Left, step forward on

Left (1st step of dance)

R Restarts:

Wall 2 & Wall 5.. Dance up to Count 8& in Section 4 (32&) The Restart dance from beginning.

Finish dance facing front.. Dance up to mambo.. Take a big step back on mambo then drag Left to Right