

Jamaica Paradise

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver Cha Cha
编舞者: Gerald Biggs (USA) - July 2008
音乐: Almost Jamaica - The Bellamy Brothers : (CD: The 25 year collection, vol.2, re-recorded versions)



Alternate music: Lodi; by Creedence Clearwater Revival; CD; Green River (Remastered)

(start on vocals)

SIDE ROCK, TRIPLE STEP FORWARD, SIDE ROCK, TRIPLE STEP FORWARD

1-2 Rock RT to side, Recover onto LT
3&4 Step RT forward, Step LT together, Step RT forward
5-6 Rock LT to side, Recover onto RT
7&8 Step LT forward, Step RT together, Step LT forward

CROSS STEP, STEP TOGETHER, FORWARD ROCK RECOVER, COASTER STEP, RT SIDE ROCK

1&2 Step RT over LT, Step LT to side, Step RT together (syncopated)
3-4 Rock forward on LT, Recover onto RT
5&6 Step LT back, Step RT together, Step LT forward
7-8 Rock RT to side, Recover onto LT

STEP ½ TURN LT, ROCK BACK RECOVER, TRIPLE STEP FORWARD, WALK, WALK,

1-2 Step forward RT, Pivot ½ turn LT on ball of RT (keep weight RT)
3-4 Rock back on LT, Recover onto RT
5&6 Step LT forward, Step RT together, Step LT forward
7-8 Walk forward, R,L,

TRIPLE STEP SIDE RT, TRIPLE STEP FORWARD, CROSS SHUFFLE, LT SIDE ROCK RECOVER

1&2 Step RT to side, Step LT together, Step RT to side
3&4 Step LT forward, Step RT together, Step LT forward
5&6 Cross shuffle RT over LT, (R,L,R)
7-8 Rock LT to side, Recover onto RT

CROSS ROCK, SHUFFLE STEP SIDE LT, CROSS ROCK, SHUFFLE STEP SIDE RT

1-2 Step LT over RT, Recover back onto RT
3&4 Step LT to side, Step RT together, Step LT to side
5-6 Step RT over LT, Recover back onto LT
7&8 Step RT to side, Step LT together, Step RT to side

ROCK FORWARD,RECOVER, TRIPLE STEP BACK, ROCK BACK,RECOVER, STEP, TURN 1/4

1-2 Rock forward on LT, Recover onto RT
3&4 Step LT back, Step RT together, Step LT back
5-6 Step back on RT, Recover forward onto LT
7-8 Step RT forward, Pivot ¼ turn LT while shifting weight LT

Start again