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| Paradise Tonight |  |

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| **拍數:** | 32 | **牆數:** | 4 | **級數:** | Beginner / Improver | . |
| **編舞者:** | Glynn Rodgers (UK) - December 2024 | | | | |
| **音樂:** | Paradise Tonight - Mickey Gilley & Charly McClain | | | | |
| 或: | Paradise Tonight - Robert Mizzell | | | | |
| . | | | | | | |

**Phrasing Restart after 8 counts on wall 4 and after 28 on walls 6&8**

**Note: Both Mickey Gilley & Robert Mizzell’s versions use the same restarts and all restarts happen facing 12:00!**

**[1-8] Charleston Swings, Jazz ¼ Turn.**

|  |  |
| --- | --- |
| 1-2 | Swing right foot forward touching toe forward, swing right foot back and step down. |

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| --- | --- |
| 3-4 | Swing left foot back touching toe back, swing left foot forward and step down. |

|  |  |
| --- | --- |
| 5-6 | Cross right over left, turn ¼ right stepping back left (3:00). |

|  |  |
| --- | --- |
| 7-8 | Step right to right side, step slightly forward left. |

**\*\* Restart here on wall 4 (Start wall facing 9:00, restart facing 12:00)**

**[9-16] Forward Rock, Shuffle ½ Turn, Forward Rock, Shuffle ¾ Turn.**

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| --- | --- |
| 1-2 | Rock forward right, recover weight on to left. |

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| --- | --- |
| 3&4 | Shuffle ½ turn right stepping – right-left-right (9:00). |

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| --- | --- |
| 5-6 | Rock forward left, recover weight on to right. |

|  |  |
| --- | --- |
| 7&8 | Shuffle ¾ turn left stepping – left-right-left (12:00). |

**[17-24] Side Mambos Right & Left, Side, Close, Chasse ¼ Turn.**

|  |  |
| --- | --- |
| 1&2 | Rock right to right side, recover weight on to left, step right beside left. |

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| --- | --- |
| 3&4 | Rock left to left side, recover weight on to right, step left beside right. |

**\*\* Alternatively, you can use Mambo Crosses for counts 1-4**

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| --- | --- |
| 5-6 | Step right to right side, close left to right. |

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| --- | --- |
| 7&8 | Step right to right side, close left to right, turn ¼ right stepping forward right (3:00). |

**[25-32] Paddle/Chug Turn, Shuffle Forward, Paddle/Chug Turn, Walk Forward.**

|  |  |
| --- | --- |
| 1& | Step forward on ball of left foot, recover weight on to right turning ¼ right (6:00) |

|  |  |
| --- | --- |
| 2& | Step forward on ball of left foot, recover weight on to right turning ¼ right (9:00) |

|  |  |
| --- | --- |
| 3&4 | Shuffle forward – left-right-left. |

**\*\* Restart here on walls 6&8 (both start facing 3:00 and restart facing 12:00)**

|  |  |
| --- | --- |
| 5& | Step forward on ball of right foot, recover weight on to left turning ¼ left (6:00) |

|  |  |
| --- | --- |
| 6& | Step forward on ball of right foot, recover weight on to left turning ¼ left (3:00) |

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| --- | --- |
| 7-8 | Walk forward right-left. |

**Easier alternative for paddle turns;**

|  |  |
| --- | --- |
| 1-2 | Step forward left, pivot ½ turn right. 5-6 Step forward right, pivot ½ turn left. |

**For the restarts on walls 6&8, listening for the music changing and they sing “ooooh, so this is paradise, ooooh, so this is paradise. Paradise all night” then start again.**