Show You Paradise

拍數: 32

級數: Intermediate

編舞者: Gemma Ridyard (UK) & Tim Johnson (UK) - July 2016

音樂: Paradise - Usher : (Video Version)

Section 1. R	cock R – R Replace $\frac{1}{4}$, Triple full turn back, and cross $\frac{1}{4}$ L, R Mambo Forward,
1-2	Rock R foot to R Side (styling lift toes of LF up) (1) Replace weight to LF making a ¼ turn R (2)(3o'clock)
3&4	Make ¼ R stepping RF Forward (3) Make ¼ R Closing LF next to R (&)) Make ¼ R stepping RF forward (4) (12 o'clock)
&5,6	Step LF to L side (&) Cross RF Over L (5) Make a ¼ turn L stepping LF forward (6) (9 o'clock)
7&8	Rock Forward on RF (7) Replace weight to LF (&) step back on RF (9 o'clock)
Section 2: C	hasse ¼ turn L, Cross unwind,1/8 turn L out out , hold, shoulder pop L & R
1&2	Make a ¼ turn L stepping LF to L side (1) step RF Next to L (&) Step LF to L side (2) (6 o'clock)
&3,4	Cross RF over L (&) Tap L toe Behind RF (3) Unwind Full turn Changing Weight to LF (6 o'clock)
& 5,6	Make an 1/8 turn L stepping RF out to R Side on R tip toe (&) step LF out to L side tip toe(5) Hold feet hip width apart (6) (finishing facing 5:30)
7, 8	Bending Both knee's Pop L shoulder up (7) Switch & pop R shoulder up (8)
Section 3: &	cross, Run around turn L, sweep step, step touch L, step touch R
&1,2	Step LF to L side (&) Cross RF Over LF (1) turn 5/8 turn L stepping RF forward (2) (12 o'clock)
&3,4	turn a ¼ turn L closing Rf next to L (&) turn a ¼ turn L stepping LF forward as you sweep RF from back to front (3) step RF forward (4) (6 o'clock)
5,6	step LF to L side (5) touch R toe next to LF (6 o'clock)
7,8	step RF to R side (5) touch L toe next to RF (6 o'clock)
	counts 5-8; as you step touch to the L imagine you are throwing an over hand ball with your R t as you step touch to the R with L hand)
Section 4: B	all walk ¼ turn R, behind, side, infront, hitch, side hold, ball ¼ turn, touch
&1,2	Step ball of L next to R (&) Step RF forward (1) turn a ¼ turn R stepping LF to L Side (9 o'clock)
3&4	step RF Behind L (3) step LF to L side (&) Cross RF infront of L (4) (9 o'clock)
&5,6	Hitch L knee (&) Step LF to L side (5) hold (6) (Option on 5,6 to drop down with both knees bent)
&7,8	Step RF next to L (&) Make a ¼ turn L Stepping LF forward (7) touch RF next to L (8) (6 o'clock)
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(If you have problems obtaing the music, please email us at; jamjar100@hotmail.com)





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