

# PALISADES PARK

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**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Mark Cosenza

**Music:** Palisades Park by 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  $\frac{1}{4}$  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, $\frac{1}{2}$ 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  $\frac{1}{2}$  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  $\frac{1}{4}$  right, step left forward, turning  $\frac{1}{2}$  right, step down on right, turning  $\frac{1}{4}$  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 $\frac{1}{4}$ TURN, STEP $\frac{1}{2}$ TURN

**1-2-3-4** Cross rock right over left, recover left as you pivot  $\frac{1}{4}$  turn right, step forward right, hold

**5-6-7-8** Step left forward and pivot  $\frac{1}{2}$  turn right, step right forward, step left forward, hold

### **SIDE ROCK & RECOVER, CROSS, STEP, CROSS, $\frac{1}{2}$ 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  $\frac{1}{2}$  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  $\frac{1}{4}$  right, step left forward, turning  $\frac{1}{2}$  right, step down on right, turning  $\frac{1}{4}$  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.**