



Palisades Park

Choreographer: Mark Cosenza [email:

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Original Choreographed Song: Palisades Park - Freddy Cannon

Album – Confessions Of A Dangerous Mind (Soundtrack) BPM – 166

Alternate Music: Sweet Sweet Smile - Carpenters

64 Count – 2-Wall Line Dance – Intermediate

Website: <http://countryedge.com>

(1 – 8)

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 ¼ L, Cross R over L, Step back L, Step side R, Hold

(9 - 16)

Step Forward, Kick Forward, Cross Behind, Cross In Front

1 - 2

Step L Forward Diagonal Right (facing diagonal right), Hold

3 – 4

Kick R Forward Diagonal Right, Hold

5, 6, 7, 8

Cross R behind L (squaring off to 9:00 wall), Step L side L, Cross R across L, Hold

(17 – 24)

Side Rock & Recover, Cross, Step, Cross, ½ Turn Twists

1 – 2

Side Rock L, Recover R

3, 4, 5

Cross L over R, Step R side R, Cross L over R

6, 7, 8

Pivoting ½ R, Twist Heels L, R, L (Bending your knees slightly for style) – Shift your weight to the L foot

(25 – 32)

Coaster Step, Full Triple Forward

1, 2, 3, 4

Step R back, Step together L, Step R Forward, Hold

5, 6, 7

Full Triple Forward: Turning ¼ R, Step L Forward, Turning ½ R, Step down on R, Turning ¼ R, Step L Forward

8

Hold

(33 - 40)

Diagonal Triples Forward To The Right and Forward To The Left

1, 2, 3, 4

Moving diagonal right, Step R forward, Step L next to R, Step R Forward, Hold

5, 6, 7, 8

Moving diagonal left, Step L forward, Step R next to L, Step L Forward, Hold

(For additional styling, “shoop” your arms slightly up on the odd counts)

(41 - 48)

Cross Rock ¼ Turn, Step ½ Turn

1, 2, 3, 4

Cross Rock R over L, Recover L as you pivot ¼ Turn Right, Step Forward R, Hold

5, 6, 7, 8

Step L Forward and Pivot ½ Turn Right, Step R, Step L Forward, Hold

(49 - 56)

Side Rock & Recover, Cross, Step, Cross, ½ Turn Twists

1 – 2

Side Rock R, Recover L

3, 4, 5

Cross R over L, Step L side L, Cross R over L

6, 7, 8

Pivoting ½ L, Twist Heels R, L, R (Bending your knees slightly for style) – Shift your weight to the right foot

(57 - 64)

Kick Ball Step, Full Triple Forward

1, 2, 3, 4

Kick L Forward, Step Down on L, Step Forward R, Hold

5, 6, 7

Full Triple Forward: Turning ¼ R, Step L Forward, Turning ½ R, Step down on R, Turning ¼ R, Step L Forward

8

Hold

Begin Again

RESTART: For Original Choreographed Song ONLY! 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 L, pivot ¼ turn left returning to the first wall. Counts 15 (7) and 16 (8) step forward R and L and begin the dance again.