

Aina

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Jana (ES), Francina (ES), Rosa (ES) & Ray Busque (ES)

Musique: Paralyzed - The Sweethearts Of The Rodeo



SWIVELS, SLOW COASTER STEP, HOLD

- 1-2 Swivel heels right, swivel heels center
- 3-4 Swivel heels right, swivel heels center
- 5-6 Step right back, step left beside right
- 7-8 Step right forward, hold

PIVOT ½ TURN LEFT, HOLD, SLOW COASTER STEP, HOLD, TOE STRUT

- 9-10 Pivot ½ turn left, hold
- 11-12 Step right forward, step left beside right
- 13-14 Step right back, hold
- 15-16 Step left toe cross over right, drop left heel

TOE, HEEL, HOOK, STEP - TOE, HEEL, HOOK, STEP

- 17-18 Touch right toe to right (knee inside), touch right heel forward (toe outside)
- 19-20 Hook right leg cross over left, step right cross over left

Option for on count 19: scoot over left

- 21-22 Touch left toe to left (knee inside), touch left heel forward (toe outside)
- 23-24 Hook left leg cross over right, step left cross over right

Option for count 23: scoot over right

STEP, HOOK, STEP, HOOK, STEP, SCUFF, STEP, STOMP

- 25-26 Step right forward, hook left leg behind right
- 27-28 Step left back, hook right leg cross over left
- 29-30 Step right forward, scuff left beside right
- 31-32 Step left forward, stomp right beside left

REPEAT

ENDING

For the song "Paralyzed" by Sweethearts Of The Rodeo

- 27-28 Step left back, hold
- &29 Step right beside left, touch left heel forward
- &30 Step left beside right, flick right heel
- 31 Scuff right beside left