

Paralyzed

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Francien Sittrop (NL) - October 2011

Musique: Without You (feat. Usher) - David Guetta : (Album: Nothing but the Beat)



Intro : 32 Counts from the beginning

[1 – 8] Step fwd, Pivot ½ L , Hold, Step fwd, Pivot ½ R , Hold

- 1 – 2 Step R fwd. Pivot ½ Turn L (06.00)
- 3 – 4 Step R fwd , Hold
- 5 – 6 Step L fwd, Pivot ½ Turn R (12.00)
- 7 – 8 Step L fwd. Hold

[9-16] Cross Rock Recover, ¾ Turn R, Shuffle ½ R, Side , Hold

- 1 – 2 Step R across L, Recover on L
- 3 – 4 ¼ R step R fwd, ½ Turn R step L back,
- 5 & 6 ¼ Turn R step R to R side, Step L next to R, ¼ Turn R step R fwd (03.00)
- 7 – 8 Step L to L side , Hold

[17-24] Together , Side ,Back, ¼ R , Hold, Fwd , ¼ R , Knee Pop , Hold

- &1 – 2 Step R next to L, Step L to L side, Step R back
- 3 – 4 Turn on Both Heels your both toes ¼ Turn R, Hold (06.00)
- 5 – 6 Step L fwd, Turn on Both Heels your both toes ¼ Turn R (09.00)
- 7 – 8 Pop R knee in, Hold

[25-32] Out Out & Cross, Kick fwd x2 , Out Out & Cross , Scuff , Hitch

- &1&2 Step R out, Step L out, Step R in, Step L across R
- 3 – 4 Kick R twice fwd
- &5&6 Step R out, Step L out, Step R in, Step L across R
- 7 – 8 Scuff R fwd, Hitch R

[33-40] Shuffle fwd., Step fwd, Pivot ½ R, Step fwd, ½ Turn L, ¼ Turn L , Hold & Drag

- 1 & 2 Step R fwd, Step L next to R, Step R fwd
- 3 – 4 Step L fwd, Pivot ½ Turn R
- 5 – 6 Step L fwd, ½ Turn L step R back
- 7 – 8 ¼ Turn L step L to L side , Hold & Drag R to L (06.00)

[41-48] Ball Cross, Side, Behind Side Cross, Monterey ¼ R , Touch Cross

- &1-2 Step R next to L, Step L across R, Step R to R side
- 3 & 4 Step L behind R , Step R to R side, Step L across R
- 5 – 6 Touch R to R side, ¼ Turn R step R next to L (09.00)
- 7 – 8 Touch L to L side, Step L across R

[49-56] Side Rock Recover , Cross Shuffle x2

- 1 – 2 Rock R to R side, Recover on L
- 3 & 4 Step R across L , Step L to L side, Step R across L
- 5 – 6 Rock L to L side, Recover on R (09.00)
- 7 & 8 Step L across R, Step R to R side, Step L across R *** R***

[57-64] Monterey ½ R , Rock Recover, Full Turn L

- 1 – 2 Touch R to R side, ½ Turn R and step R next to L (03.00)
- 3 – 4 Touch L to L side, Step L next to R

5 – 6 Rock R back, Recover on L

7 – 8 ½ Turn L step R back, ½ Turn L step L fwd (option : 2 Walks fwd)

******Restarts wall 3 & 6 after count 56 Start again with count1**
