

Paralyzed

拍数: 64 墙数: 2 级数: Improver line/contra dance
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音乐: Paralyzed - Ronnie McDowell



TOE-HEEL, TOE-HEEL, ROCK, RECOVER, TOE-HEEL

1-2 Step right toe to right diagonal, step down on right heel
3-4 Step left toe across right, step down on left heel
5-6 Rock right side right, recover left in place
7-8 Step right toe across left, step down on right heel

TOE-HEEL, TOE-HEEL, ROCK, RECOVER, TOE-HEEL

1-2 Step left toe to left diagonal, step down on left heel
3-4 Step right across left, step down on right heel
5-6 Rock left side left, recover right in place
7-8 Step left toe across right, step down on left heel

STEP, HOLD, LOCK STEP, HOLD, LOCK STEP FORWARD, HOLD

1-2 Step right forward to right diagonal, hold
3-4 Lock step left behind right, hold
5-6 Step right forward to right diagonal, lock step left behind right
7-8 Step right forward to right diagonal, hold

STEP, HOLD, LOCK STEP, HOLD, ½ TURN LEFT, TOUCH

1-2 Step left forward to left diagonal, hold
3-4 Lock step right behind left, hold
5-6 Step left side left turning 1/8 left, step right next to left turning 1/8 left
7-8 Step left side left turning 1/8 left, turning 1/8 left touch right next to left

VINE RIGHT, ½ HINGE TURN RIGHT, VINE LEFT

1-2 Step right side right, step left behind right
3-4 Step right side right, ½ turn right on ball of right foot
5-6 Step left side left, step right behind left
7-8 Step left side left, touch right next to left

VINE RIGHT, ½ HINGE TURN RIGHT, VINE LEFT

1-2 Step right side right, step left behind right
3-4 Step right side right, ½ turn right on ball of right foot
5-6 Step left side left, step right behind left
7-8 Step left side left, touch right next to left

STEP, HOLD, ½ PIVOT, HOLD, STEP, HOLD, ½ PIVOT, HOLD

1-2 Step right forward, hold
3-4 ½ pivot left (weight left), hold
5-6 Step right forward, hold
7-8 ½ pivot left (weight left), hold

STOMP, HOLD, HOLD, HOLD, HEEL, TOE, HEEL, TOE

1-2 Stomp right side right, hold
3-4 Hold, hold
5-6 (With weight on right) swivel left heel right, swivel left toe right

7-8 Swivel left heel right, swivel left toe right (weight to left)

REPEAT

You can do several variations on the last eight counts. We alternate the toe-heel swivels, the hips, and the shimmies

VARIATION #1

STOMP, HOLD, SWAY, HOLD, SWAY, HOLD, SWAY, HOLD

1-2 Stomp right side right, hold
3-4 Sway left hip left, hold
5-6 Sway right hip right, hold
7-8 Sway left hip left, hold

VARIATION #2

STOMP, HOLD, HOLD, HOLD, SHIMMY

1-2 Stomp right side right, hold
3-4 Hold, hold
5-8 Shimmy

FINISH

STEP, HOLD, ½ PIVOT, HOLD, STEP, HOLD, ½ PIVOT, HOLD

1-2 Step right forward, hold
3-4 ½ pivot left, hold
5-6 Step right forward, hold
7-8 ½ pivot left, hold

STOMP, HOLD, SWAY, HOLD, SWAY, HOLD, SWAY, HOLD

1-2 Stomp right side right, hold
3-4 Sway left hip left, hold
5-6 Sway right hip right, hold
7-8 Sway left hip left, hold

STEP, HOLD, ½ PIVOT, HOLD, STEP, HOLD, ½ PIVOT, HOLD

1-2 Step right forward, hold
3-4 ½ pivot left, hold
5-6 Step right forward, hold
7-8 ½ pivot left, hold

STOMP, HOLD, HOLD, HOLD, SHIMMY, CROSS, UNWIND

1-2 Stomp right side right, hold
3-4 Hold, hold
5-6 Shimmy for 2 counts
7-8 Cross right over left, unwind ½ turn left ending up facing the front wall
