

# Paralyzed

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Francien Sittrop (NL) - October 2011  
音乐: 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**

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