

Paralyzed

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Lu Olsen (AUS) - August 2020
音樂: Paralyzed - Delta Goodrem : (iTunes - 4:17)



#16 count Intro - Ver:: 1.00

[1-8] Fwd/sweep, Cross, Side, Back/sweep, Behind, 1/8th fwd, Fwd Coaster, Back, back/ ½ Reverse turn, Back, Back,

- 1, 2 & Step R fwd & sweep L fwd, Step L over R, Step R to Right, 12.00
- 3, 4 & Step L back & sweep R back, Step R behind L, 1/8th Left turn and step L fwd 11.00
- 5 & 6, R fwd Coaster: Step R fwd, Step L tog, Step R back 11.00
- & 7, Step L back, Touch RF back into ½ Right reverse turn (wght on R), 5.00
- 8 & Step L slightly back, Step R back, 5.00

[9-16] Sweep, Sweep, Behind, 1/8th R side, Cross, Side, ½ hinge side, Side, Cross, ¼ back, 3/8th fwd

- 1, 2, Sweep L behind R, Sweep R behind L, 5.00
- 3 & 4 Sweep L behind R, 1/8th Right turn & Step R to Right, Cross L over R 6.00
- & 5, 6 Step R to slightly to Right, ½ Left hinge turn & step L to left, Step R to right 12.00
- 7 & 8 Cross L over R, ¼ Left turn & step R back, 3/8th Left turn & step L fwd 5.00

[17 -24] Fwd, Recover, ½ fwd, Fwd, Recover, Tog, Fwd, ½ pivot, Full R turn fwd, Fwd

- 1, 2 & (5.00)Step R fwd, Recover onto L, (11.00) ½ Right turn & step R fwd 11.00
- 3, 4 & Step L fwd, Recover onto R, Step L tog, 11.00
- 5, 6 # Step R fwd, ½ Left pivot turn (wgt on L), # 5.00
- 7 & Full Right turn fwd to 5.00: Step R fwd, ½ Right turn & step L back,
- 8 & ½ Right turn & step R Fwd, Step L fwd 5.00

[25-32] Fwd, Recover, ½ fwd, Fwd, Recover, Tog, Fwd, 3/8th pivot, Full R turn fwd, Fwd

- 1, 2 & (5.00)Step R fwd, Recover onto L, (11.00) ½ Right turn & step R fwd 11.00
- 3, 4 & Step L fwd, Recover onto R, Step L tog, 11.00
- 5, 6 Step R fwd, 3/8th Left pivot turn (wgt on L) 6.00
- 7 & Full R turn fwd to 6.00 : Step R fwd, ½ Right turn & step L back, 12.00
- 8 & 1/2 Right turn & step R fwd, Step L fwd 6.00

[33 – 40] Fwd, Recover, ¼ side, Cross, Side, ½ side, Cross, Side, ¼ R Tog, Fwd, Full L fwd

- 1, 2 & Step R fwd, Recover onto L, ¼ Right turn & step R to Right 9.00
- 3, 4 & Cross L over R, Step R to Right, ½ Left turn & step L to Left, 3.00
- 5, 6 & Cross R over L, Step L to Left, ¼ Right turn & step R tog, 6.00
- 7, 8 & Step L fwd, Full Left turn fwd stepping R, L 6.00

***4 count TAG: at End of Wall 2 (danced to 12.00)**

- 1, 2 & Cross/rock R over L, Recover onto L, Step R to Right,
- 3, 4 & Cross/rock L over R, Recover onto R, Step L to Left

***8 count TAG at End of Wall 6 (danced to 12.00) (This is where the music builds up)**

- 1, 2 & Cross/Rock R over L, Recover onto L, Step R to Right, 12.00
- 3, 4 & Cross/Rock L over R, Recover onto R,, Step L to Left 12.00
- 5, 6 & Rock R fwd, Recover onto L, ½ Right turn & step R fwd 6.00
- 7, 8 & Rock L fwd, Recover onto R, ½ Left turn & step L fwd 12.00

SHORT WALL (Wall 5 – 12.00) Dance to count 22 # (On count 22 Straighen to 6.00 to restart Wall 6

Last Wall (Wall 8) 6.00 – Dance to count 16 then add:

17, 18 & 19 Cross/rock R over L, Recover onto L, Step R to Right, Cross L over R to finish to 12.00

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