

Paralyzed

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS) - August 2020
音樂: Paralyzed - Delta Goodrem : (Single)



Intro: 16 counts

{1-8} SIDE/Drag, ROCK/BACK, REPLACE, SIDE, BEHIND, ¼ L, PIVOT ½ L, STEP, FULL TURN, STEP

1,2&3,4& Big step to R (dragging L), rock/step L behind R, replace weight to R, step L to L, cross/step R behind L, turn ¼ L & step fwd L - (9.00)
5,6,7,8& Step fwd R, pivot ½ turn L (weight to L) , step fwd R, turn ½ R & step back L, turn ½ R & step fwd R (3.00)

{9-16} STEP, MAMBO, COASTER/CROSS, SIDE/ROCK, ¼ REPLACE, RUN, RUN, RUN (or triple full turn L fwd)

1,2&3 Step fwd L, rock/step fwd R, replace weight to L, step back R (3.00)
4&5,6,7 Step back L, step R beside L, cross/step L over R, rock/step R to R side, turn ¼ L & replace weight to L
&8& run fwd R, L, R,

Optional Step Instead of runs fwd , make a triple turn fwd over the L.(&8&) .. (as shown in video) (12.00)

{17-24} SIDE/Drag, ROCK/BACK, REPLACE, SIDE, TOGETHER, ¼ FWD, PIVOT ½ BEND, ½ TWIST, STEP, PIVOT ¼

1,2&3&4 Big step to L (drag R), rock/step back R, replace weight to L, step R to R, step L beside R, turn ¼ R & step fwd R (3.00)
5,6,7,8& Step fwd L, pivot ½ turn R & bend knees slightly, twist ½ turn L (weight L), step fwd R, pivot ¼ turn L (12.00)

{25-32} CROSS, BACK, BACK, CROSS, BACK, ½ FWD, PIVOT ½ , PIVOT ¼

1,2&3,4& Cross/step R over L, step back L, step back R, cross/step L over R, step back R, turn ½ L & step fwd L (6.00)
5,6,7,8 Step fwd R, pivot ½ turn L, step fwd R, pivot ¼ turn L (9.00)

{33-40} CROSS/ROCK, REPLACE, TOGETHER, CROSS/ROCK, REPLACE, TOGETHER, STEP, PIVOT ½ , STEP, CROSS/SHUFFLE

1,2&3,4& Cross/rock R over L, replace weight to L, step R beside L, cross/rock L over R, replace weight to R, step L beside R - (9.00)
5,6&7&8 Step fwd R, pivot ½ turn L, step R slightly to R, cross/step L over R, step R to R, cross/step L over R (3.00)

Tag At the end of Walls 2, 4, & 7.

1,2&3,4& Rock/step R to R, replace weight to L, step R beside L, rock/step L to L, replace weight to R, step L beside R

ADD a Pause: Wall 5, after counts 16, pause for 2 counts, then continue the dance from count 17 (on word "time") to end.

Restart: Wall 6. (3.00).. Dance counts 1-24, then Restart facing 3.00 or... do the following extra turn before restarting!

On counts 24 turn ½ L & step back R, turn ½ L & step fwd L (&), turn ¼ L (1) and Restart dance 3.00.

Finish: Dance counts 1-15 (side/rock/replace), cross/touch R over L & unwind ¾ L to face front (weight L).

Last Update – 4 Sept. 2020

