

# 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

