

# Paralyzed

拍數: 64      牆數: 2      級數: Improver line/contra dance  
編舞者: Charyle Hartje (USA) & Gary Clayton (USA)  
音樂: 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

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