

Paralyzed

COPPERKNOB
BY STEPHEN BRETZ

拍數: 128
編舞者: Elfrita Maya (INA) - June 2011
音樂: Paralyzed - Agnes Monica

牆數: 4

級數: Phrased Advanced



Sequence: Ph - A,B,Tag 1, A, B, Tag 2, B

Notes: Everyone needs a chair to do this dance
Start dancing after 32 count (when the vocal is coming)

A - 64 counts

[1-8] Sitting on the Chair: Doing Hands Movements

- 1&2 Sit on the chair, straight up upper body, both legs close together, bend knees 90° angle from upper tights, put both arms in front of the face, open the palms facing the face, elbows pointing out, shake lower arms in-out-in (right palm above the left palm)
- 3&4 Shake R arm up-down-up whilst shake L arm down-up-down, still in front of the face, as if playing peek a boo
- 5-6 Slide both hands over head, left arm starts from the right ear-back head-left ear, whilst right arm is doing the same in the opposite direction.
- 7-8 Slide both hands down to the neck-chest-belly

[9-16] Still Sitting on the Chair: Open-Close the Knees. Get up from the Chair: Turning 1/4 R Drop the Left Knee Down, Right Knee Bent, Roll Upper Body Facing Front

- 1-2 Still sitting on the chair: put the right hand over R knee and L hand over L knee, open the knees and legs out (1), close the knees and legs in (2)
- 3&4 Repeat the open (3)-close (&)- open (4) the knees and legs
- 5-6 Get up from the chair while turning the body 1/4 R down, drop the left knee down and also bend right knee (5), still facing [3.00] in front of the chair: straight up both legs (6)
- 7-8 Roll upper body to the left whilst turning body facing front, now you are standing in front of the chair

[17-24] On Standing Position in front of the Chair: Hands Movements, Roll Hip Counter Clockwise

- 1 Still standing in front of the chair: put both hands on side of the face, palms are facing forward, elbows pointing out, the 2nd and the 3rd fingers pointing to the outside of the eyes
- 2 Continue with pointing 2nd and 3rd fingers on the side of the lips, palms are facing back
- 3-4 Slide the 2nd and the 3rd fingers of right hand from left shoulder through the upper chest to the right shoulder
- 5-6 Continue slide the 2nd and 3rd fingers of right hand from right shoulder sliding down through the left chest-left belly-right belly (making arcus on the front body)
- 7-8 Roll hip counter clockwise

[25-32] (L Forward, Pivot 1/2 R)2x, L Forward Roll Body Forward, Recover, Together, Sit Back

- 1-2 Step L forward (1), pivot 1/2 R (2)
- 3-4 Step L forward (3), pivot 1/2 R (3)
- 5-6 Step L forward whilst roll body forward (5), recover on R (6)
- 7-8 Close L next to R (7), sit back on the chair (8)

[33-40] Sitting on the Chair: Wide Open Knees-Legs Out, Lean and Roll Body Forward Counter Clockwise

- 1-8 Still sitting on the chair: wide open both knees-legs out, lean upper body forward and starting roll body counter clockwise in 8 count, from above right knee to the left knee.

[41-48] Get up from the Chair: R Forward, Turn 1/2 R Facing the Chair, Out-Out, Roll Hip Counter Clockwise

- 2x
1 Get up from the chair stepping R forward

- 2 Sharp turn ½ R stepping L to L side, now you are standing in front of the chair, facing the chair
- 3-4 Step R out whilst putting left hand on the top of the chair (3), step L out whilst putting right hand on the top of the chair (4)
- 5-8 Roll hip counter clockwise twice

[49-56] Standing and Facing the Chair: R Diagonal Forward, Put L on the Chair, Roll Body R Diagonal Forward, Straightened L, Slide Right Arms from Left Leg through Right Shoulders and Turn Body Facing Front

- 1 Still facing the chair: turn body diagonal right forward [7.30], stepping R forward in front of the chair
- 2 Put left leg on the chair, bend the left knee
- 3-4 Lean and roll body forward and back toward left knee
- 5 Straightened left leg on the chair, on your left heel, pointing the toes
- 6-8 Slide the right arm from the left leg through the right shoulder, on count 8 sharp turn upper body facing front [12.00] with right hand on the right shoulder

[57-64] Pull L Down from the Chair, Walk Around the Chair 7 Counts, Close Together and Clapping Hands Over Head

- 1-8 Pull L down from the chair then walk around the chair clockwise L-R-L-R-L-R-L (1-7), ending in front of chair facing front [12.00], close R next to L whilst clapping hands over head (8)

B - 64 counts

[1-8] Swivel the Heels to the Right and Left Side Whilst Slide Hands Down through Head to Belly

- 1-2 Swift both heels out-in, whilst put both hands down to the ear-neck area (1), then continue downslide to the belly (2)
- 3&4 Swift both heels out-in-out moving to the right side, whilst slide hands over belly in-out-in
- 5-6 Swift both heels in-out, whilst slide hands over belly out-in
- 7&8 Swift both heels in-out-in moving to the left side, whilst slide hands over belly out-in-out

[9-16] L-R Diagonal Forward, L Back, Cross R, Point L Out, Cross L, R Side, Twisting Toes to the Right Knees Bent, Twisting Toes to Centre, Roll Left Fist, Drag L Close then Point L, Step L Close

- 1&2 Step L diagonal forward (1), step R diagonal forward (&), step L back (2)
- Hands movements: straight both arms out (1), pull low arms in towards body (&), straight both arms down (2)**
- &3 Cross R over L (&), point L out to the side (3)
- Hands movements: pull low arms again up towards body (&), straight left arm to the side diagonal left down, pointing the 2nd finger, look left down.**
- 4&5 Cross L over R (4), step R to R side (&), turn upper body ¼ R with twisting toes to the right, and both knees bent, body facing [3.00] (5). On count 5 : fist right arm in front of the face
- 6 Turn back upper body facing front with twisting toes to centre, look left
- Hands movements: right fist down, left fist up in front of the face**
- 7& Face facing front: roll the left fist twice
- 8& Drag L close to R ending L point next to R, swing left arm down in and up close to the neck (8), step L close to R (&)

[17-24] R Long Step Forward, Point L Close Both Knees Bent, Point L Out, Together, Point R Out, Sailor Turn 1/8 R with Heel Point, Left Arm Punch Down, Step R Back and Kick L Forward

- 1-2 R Long step forward (1), point L next to R and both knees bent, lean upper body forward (2)
- Hands movements: Straight both arms out (1), bend the elbows out, low arms in and fists in front of the chest (2)**
- 3&4 Point L to L side (3), close L next to R (&), point R to R side (4)
- Hands movements: with fists still in front of the chest, roll shoulders up and down**
- 5&6 Turn 1/8 R stepping back on R [1.30] (5), step L to L side (&), step R heel forward and lean body down forward diagonal R (6)
- Hands movements: swing and straight right arms out (5&), punch both arms down forward towards R leg**
- &7& Hands movements: pull left arm back-forward-back
- 8 Step R back whilst kicking L forward, body straight up

Hands movements: left arm punch down, right arm fist in front of the chest

[25-32] Jump L Forward, R Forward, Hitch L, Kick L Back 2x, Sailor Turn ¼ L with Knees Bent, Sailor Turn ¼ R with R Heel Out

&1-2 Still facing diagonal R forward [1.30]: little jump L forward (&), step R forward (1), hitch L knee (2)

3-4 Kick L back twice

5&6 Turn ¼ L facing [10.30] stepping L back (5), step R to R side (&), step L forward squaring body facing [9.00] then bend both knees, upper body also bow forward

Hands movements: swing both arms out over head clockwise (5&), ending left fist down and right fist in front of the chest (right elbow pointing out forward) (6)

7&8 Turn ¼ R facing [12.00] stepping R back (7), step L to L side (&), step R heel out, bend left knee (8).

Hands movements: swing both arms together to the right-up overhead-left (7&), throw the arms out to the right side whilst pointing 2nd fingers to right [3.00].

When you throw the arms, turn the body facing [3.00].

[33-40] Weave R with Knees Bent, L Knee Pop Out-In-Out, Turn ¾ L Cross R

1&2&3 Step R to R side (1), step L behind R (&), step R to R side (2), cross L over R (&), step R to R side whilst bend both knees (3): right knee bends out and left knee bends in, lean body to the right

4&5 Pop left knee out-in-out

6 Turn ¼ L stepping L forward

7&8 Turn ½ L stepping back on R (7), turn ¼ L stepping L to L side (&), cross R over L (8)

[41-48]

L Side, Point R Behind, R Side, Point L Toe Behind, L Side, Point R Close, R Side, Point L Close

1-2 Step L to L side (1), point R toe behind L, look down left (2)

Hands movements: push left arm up (1), throw left arm diagonal down (2)

3-4 Repeat (1-2) on the opposite directions

5-6 Step L to L side (5), point R next to L (6)

Hands movements: straight left arm out, left palm facing up (5), swing right arm overhead to the left side clapping with the left arm, right palm facing down (6)

7-8 Repeat (5-6) on the opposite directions

[49-56] Hitch L, L Down, Hitch R, R Down, Hitch L 2x, L Side Point R with Roll Body to the L, R Side Point L with Roll Body to the R

1&2& Hitch L up (1), step down on L (&), Hitch R up (2), step down on R (&)

Hands movements: both arms up, pointing elbows down, lower arms straight up on head level, punch both hands down-up-down-up

3&4 Hitch L up (3), lower the L but not touching the floor (&), hitch L up again (4)

Hands movements: repeat the hands movements of (1&2)

5-6 Step L to L side whilst roll body to the left (5), point R close to L (6)

Hands movements: right hand snakes out to the right

7-8 Repeat (5-6) on the right side directions

[57-64] R-L (Large Step and Close with Bounce Body Twice)

1-2 Large step R to R side (1), close L next to R (2)

3-4 Hold, style: bounce body twice, hands: punch up twice

5-8 Repeat 1-4 on the opposite directions

Tag 1: 4 counts: Full turn R then Sit on the Chair Again

1 Turn ¼ R stepping R forward (put R leg in front of the chair)

2 On ball of R, spiral ¾ R ending L close to R

3 Sit back on the chair

4 Hold, preparing for repeat the dance

Tag 2: 32 counts

[1-8] Walking, Snake the Arms Out

1-4 Walk RLRL

5-8 Alternate swing and snake right arm to the side and up (5-6), repeat with the left arm (7-8)

[9-16] Swing and Snake Arms Forward Twice

1-4 Alternate swing and snake right arm forward and up (1-2), repeat with the left arm (3-4)

5-8 repeat 1-4

[17-24] Open and Bend Both Knees, Swing Both Arms to the Side

1-4 Open the legs then swing slowly both arms out to the side, bend both legs

5-8 Straightened the legs and swing slowly both arms to the other side

Imagine that you bring a basket ball on your both arms

[25-32] Walking Around The Chair and Close

1-7 Walking around the chair 7 counts (RLRLRLR), ending in front of the chair

8 Close L next to R whilst clapping both hands over head.

Then start dancing again with part B (swivel the heels with slide hands down to the body)
