

Paralyzed

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - October 2011
音樂: Without You (feat. Usher) - David Guetta : (Album: Nothing but the Beat)



Intro : 32 Counts from the beginning

[1 – 8] Step fwd, Pivot ½ L , Hold, Step fwd, Pivot ½ R , Hold

1 – 2 Step R fwd. Pivot ½ Turn L (06.00)
3 – 4 Step R fwd , Hold
5 – 6 Step L fwd, Pivot ½ Turn R (12.00)
7 – 8 Step L fwd. Hold

[9-16] Cross Rock Recover, ¾ Turn R, Shuffle ½ R, Side , Hold

1 – 2 Step R across L, Recover on L
3 – 4 ¼ R step R fwd, ½ Turn R step L back,
5 & 6 ¼ Turn R step R to R side, Step L next to R, ¼ Turn R step R fwd (03.00)
7 – 8 Step L to L side , Hold

[17-24] Together , Side ,Back, ¼ R , Hold, Fwd , ¼ R , Knee Pop , Hold

&1 – 2 Step R next to L, Step L to L side, Step R back
3 – 4 Turn on Both Heels your both toes ¼ Turn R, Hold (06.00)
5 – 6 Step L fwd, Turn on Both Heels your both toes ¼ Turn R (09.00)
7 – 8 Pop R knee in, Hold

[25-32] Out Out & Cross, Kick fwd x2 , Out Out & Cross , Scuff , Hitch

&1&2 Step R out, Step L out, Step R in, Step L across R
3 – 4 Kick R twice fwd
&5&6 Step R out, Step L out, Step R in, Step L across R
7 – 8 Scuff R fwd, Hitch R

[33-40] Shuffle fwd., Step fwd, Pivot ½ R, Step fwd, ½ Turn L, ¼ Turn L , Hold & Drag

1 & 2 Step R fwd, Step L next to R, Step R fwd
3 – 4 Step L fwd, Pivot ½ Turn R
5 – 6 Step L fwd, ½ Turn L step R back
7 – 8 ¼ Turn L step L to L side , Hold & Drag R to L (06.00)

[41-48] Ball Cross, Side, Behind Side Cross, Monterey ¼ R , Touch Cross

&1-2 Step R next to L, Step L across R, Step R to R side
3 & 4 Step L behind R , Step R to R side, Step L across R
5 – 6 Touch R to R side, ¼ Turn R step R next to L (09.00)
7 – 8 Touch L to L side, Step L across R

[49-56] Side Rock Recover , Cross Shuffle x2

1 – 2 Rock R to R side, Recover on L
3 & 4 Step R across L , Step L to L side, Step R across L
5 – 6 Rock L to L side, Recover on R (09.00)
7 & 8 Step L across R, Step R to R side, Step L across R *** R***

[57-64] Monterey ½ R , Rock Recover, Full Turn L

1 – 2 Touch R to R side, ½ Turn R and step R next to L (03.00)
3 – 4 Touch L to L side, Step L next to R

5 – 6 Rock R back, Recover on L

7 – 8 ½ Turn L step R back, ½ Turn L step L fwd (option : 2 Walks fwd)

******Restarts wall 3 & 6 after count 56 Start again with count1**
