

Paralysed

拍數: 64 牆數: 4 級數: Phrased Upper Beginner
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音樂: Paralyzed - Agnes Monica



Start after 32 counts - Sequence: AAAA, tag, AAAA, B, AA

Part A - 32 counts

POINT, POINT, SIDE, SLIDE

1 – 2 R point diagonally R, R point front
3 – 4 R step R, slide L to R
5 – 6 L point diagonally L, L point front
7 – 8 L step L, slide R to L

FORWARD, ½ L TURN, FWD DIAGONALLY, SLIDE, FWD, DIAGONALLY, SLIDE, SWIVEL HEELS

1 – 2 R step forward, pivot ½ L recovering on L
3 – 4 R step diagonally R, slide L to R
5 – 6 L step diagonally L, slide R to L
7&8 Swivel heels L-R-C

FORWARD, ½ L TURN, KICK-TOGETHER-POINT, KICK-TOGETHER-TOUCH, ¼ R TURN

1 – 2 Step R forward, pivot ½ L recovering on L
3&4 R kick forward, R step together L, L point L
5&6 L kick forward, L step together R, R touch by L
7 – 8 Pivot ¼ R, bring R together L

ROCK R, HOLD, ROCK L, HOLD, PADDLE ½ L WITH HITCHES

1 – 2 R rock R, hold
3 – 4 L rock L, hold
5&6& R point R, turn 1/6 L hitching R, R point R, turn 1/6 L hitching R,
7&8 R point R, turn 1/6 L hitching R, step R together L

Part B - 32 counts

SIDE, RECOVER, OVER, HOLD

1 – 2 R rock R, recover on L
3 – 4 Step R over L, hold
5 – 6 L rock L, recover on R
7 – 8 Step L over R, hold

FORWARD, ½ L TURN, SHUFFLE, FORWARD, ½ R TURN, SHUFFLE

1 – 2 R step forward, pivot ½ L recovering on L
3&4 Shuffle forward R-L-R
5 – 6 L step forward, pivot ½ R recovering on R
7&8 Shuffle forward L-R-L

R POINT, TOUCH, POINT, TOGETHER (REPEAT FOR L)

1 – 4 R point R, R touch by L, R point R, R step together L
5 – 8 L point L, L touch by R, L point L, L step together R

ROCK R, HOLD, ROCK L, HOLD, ROTATE HIPS

1 - 4 Bump hips R-R, bump hips L-L
5 - 8 Rotate hips anticlockwise through 4 counts

Tag:

1&2

Step R over L, L step L, R step slightly R

3&4

Step L over R, R step R, L step slightly L
