

# 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

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