

Paralysed

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 4

Ebene: Phrased Upper Beginner

Choreograf/in: Jeine Yantli Kilisan - November 2011

Musik: Paralyzed - Agnes Monica



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

Part A - 32 counts

POINT, POINT, SIDE, SLIDE

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|-------|-------------------------------------|
| 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

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|-------|---|
| 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

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|-------|---|
| 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

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|-------|---|
| 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)

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|-------|---|
| 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

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|-------|--|
| 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
