

Paralysed

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Count: 64

Wall: 4

Level: Phrased Upper Beginner

Choreographer: Jeine Yantli Kilisan

Music: Paralysed / Ku Disini by Agnes Monica

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

Part A - 32 counts

POINT, POINT, SIDE, SLIDE

1 - 2R point diagonally R, R point front

3 - 4R step R, slide L to R

5 - 6L point diagonally L, L point front

7 - 8L step L, slide R to L

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

1 - 2R step forward, pivot ½ L recovering on L

3 - 4R step diagonally R, slide L to R

5 - 6L 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&4R kick forward, R step together L, L point L

5&6L 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 - 2R rock R, hold

3 - 4L rock L, hold

5&6&R point R, turn 1/6 L hitching R, R point R, turn 1/6 L hitching R,

7&8R point R, turn 1/6 L hitching R, step R together L

Part B - 32 counts

SIDE, RECOVER, OVER, HOLD

1 - 2R rock R, recover on L

3 - 4 Step R over L, hold

5 - 6L rock L, recover on R

7 - 8 Step L over R, hold

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

1 - 2R step forward, pivot ½ L recovering on L

3&4 Shuffle forward R-L-R

5 - 6L step forward, pivot ½ R recovering on R

7&8 Shuffle forward L-R-L

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

1 - 4R point R, R touch by L, R point R, R step together L

5 - 8L 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