

Paralyzed

Choreographed by Charyle Hartje & Gary Clayton

Description: 64 count, 2 wall, beginner/intermediate line/contra dance

Music: **Paralyzed** by Ronnie McDowell [178 bpm / Unchained Melody / Available on iTunes]

Start dancing on lyrics

TOE-HEEL, TOE-HEEL, ROCK, RECOVER, TOE-HEEL

1-2 Step right toe to right diagonal, step down on right heel
3-4 Step left toe across right, step down on left heel
5-6 Rock right to side, recover left in place
7-8 Step right toe across left, step down on right heel

TOE-HEEL, TOE-HEEL, ROCK, RECOVER, TOE-HEEL

1-2 Step left toe to left diagonal, step down on left heel
3-4 Cross right over left, step down on right heel
5-6 Rock left to side, recover right in place
7-8 Step left toe across right, step down on left heel

STEP, HOLD, LOCK STEP, HOLD, LOCK STEP FORWARD, HOLD

1-2 Step right diagonally forward, hold
3-4 Lock step left behind right, hold
5-6 Step right diagonally forward, lock step left behind right
7-8 Step right diagonally forward, hold

STEP, HOLD, LOCK STEP, HOLD, ½ TURN LEFT, TOUCH

1-2 Step left diagonally forward, hold
3-4 Lock step right behind left, hold
5-6 Step left side left turning 1/8 left, step right next to left turning
1/8 left
7-8 Step left side left turning 1/8 left, turn 1/8 left and touch right
next to left

VINE RIGHT, ½ PIVOT TURN RIGHT, VINE LEFT

1-2 Step right to side, cross left behind right
3-4 Step right to side, turn ½ right
5-6 Step left to side, cross right behind left
7-8 Step left to side, touch right together

VINE RIGHT, ½ PIVOT TURN RIGHT, VINE LEFT

1-2 Step right to side, cross left behind right
3-4 Step right to side, turn ½ right
5-6 Step left to side, cross right behind left
7-8 Step left to side, touch right together

STEP, HOLD, ½ PIVOT, HOLD, STEP, HOLD, ½ PIVOT, HOLD

1-2 Step right forward, hold
3-4 ½ pivot left (weight left), hold
5-6 Step right forward, hold
7-8 ½ pivot left (weight left), hold

STOMP, HOLD, HOLD, HOLD, HEEL, TOE, HEEL, TOE

1-2 Stomp right side right, hold
3-4 Hold, hold
5-6 (With weight on right) swivel left heel right, swivel left toe right
7-8 Swivel left heel right, swivel left toe right (weight to left)

REPEAT

Finish: When you start the dance for the 4th time on the front wall, dance to the end. You will be facing 6:00. Then repeat the last 16 counts of the dance twice. On the last set of swivels, replace the last two swivels with a cross, right over left, and unwind to the front wall.