

# Paralyzed

**Chor** : Francien Sittrop (Oct. 2011)  
**Level** : Intermediate  
**Walls** : 4 Wall Line dance  
**Counts** : 64 Counts  
**Music** : Without you – David Guetta feat Usher  
**Album** : Nothing but the Beat  
**Intro** : 32 Counts from the beginning  
**Website** : [www.franciensittrop.nl](http://www.franciensittrop.nl)



## 1 – 8 Step fwd, Pivot ½ L , Hold, Step fwd, Pivot ½ R , Hold

1 – 2 Step R fwd. Pivot ½ Turn L (06.00)

3 – 4 Step R fwd , Hold

5 – 6 Step L fwd, Pivot ½ Turn R (12.00)

7 – 8 Step L fwd. Hold

## 9-16 Cross Rock Recover, ¾ Turn R, Shuffle ½ R, Side , Hold

1 – 2 Step R across L, Recover on L

3 – 4 ¼ R step R fwd, ½ Turn R step L back,

5 & 6 ¼ Turn R step R to R side, Step L next to R, ¼ Turn R step R fwd (03.00)

7 – 8 Step L to L side , Hold

## 17-24 Together , Side ,Back, ¼ R , Hold, Fwd , ¼ R , Knee Pop , Hold

&1 – 2 Step R next to L, Step L to L side, Step R back

3 – 4 Turn on Both Heels your both toes ¼ Turn R, Hold (06.00)

5 – 6 Step L fwd, Turn on Both Heels your both toes ¼ Turn R (09.00)

7 – 8 Pop R knee in, Hold

## 25-32 Out Out & Cross, Kick fwd x2 , Out Out & Cross , Scuff , Hitch

&1&2 Step R out, Step L out, Step R in, Step L across R

3 – 4 Kick R twice fwd

&5&6 Step R out, Step L out, Step R in, Step L across R

7 – 8 Scuff R fwd, Hitch R

## 33-40 Shuffle fwd., Step fwd, Pivot ½ R, Step fwd, ½ Turn L, ¼ Turn L , Hold & Drag

1 & 2 Step R fwd, Step L next to R, Step R fwd

3 – 4 Step L fwd, Pivot ½ Turn R

5 – 6 Step L fwd, ½ Turn L step R back

7 – 8 ¼ Turn L step L to L side , Hold & Drag R to L (06.00)

## 41-48 Ball Cross ,Side , Behind Side Cross, Monterey ¼ R , Touch Cross

&1-2 Step R next to L, Step L across R, Step R to R side

3 & 4 Step L behind R , Step R to R side, Step L across R

5 – 6 Touch R to R side, ¼ Turn R step R next to L

7 – 8 Touch L to L side, Step L across R (09.00)

## 49-56 Side Rock Recover , Cross Shuffle x2

1 – 2 Rock R to R side, Recover on L

3 & 4 Step R across L , Step L to L side, Step R across L

5 – 6 Rock L to L side, Recover on R

7 & 8 Step L across R, Step R to R side, Step L across R \*\*\* R\*\*\* (09.00)

## 57-64 Monterey ½ R , Rock Recover, Full Turn L

1 – 2 Touch R to R side, ½ Turn R and step R next to L

3 – 4 Touch L to L side, Step L next to R

5 – 6 Rock R back, Recover on L

7 – 8 ½ Turn L step R back, ½ Turn L step L fwd (option : 2 Walks fwd) (03.00)

\*\*\*\*Restarts wall 3 & 6 after count 56 Start again with count 1