

# PARALYZED

Choreographed by: Charyle Hartje & Gary Clayton (July 04)  
 Music: **Paralyzed** by **Ronnie McDowell**  
 Descriptions: 64 count - 2 wall - Beginner/Intermediate level line dance

## **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 side right, 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 Step Right across Left, step down on Right heel  
 5-6 Rock Left side left, 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 forward to right diagonal, hold  
 3-4 Lock step Left behind Right, hold  
 5-6 Step Right forward to right diagonal, lock step Left behind Right  
 7-8 Step Right forward to right diagonal, hold

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

1-2 Step Left forward to left diagonal, 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, Turning 1/8 left touch Right next to Left

## **VINE RIGHT, ½ HINGE TURN RIGHT, VINE LEFT**

1-2 Step Right side right, step Left behind Right  
 3-4 Step Right side right, ½ turn right on ball of Right foot  
 5-6 Step Left side left, step Right behind left  
 7-8 Step Left side left, touch Right next to Left

## **VINE RIGHT, ½ HINGE TURN RIGHT, VINE LEFT**

1-2 Step Right side right, step Left behind Right  
 3-4 Step Right side right, ½ turn right on ball of Right foot  
 5-6 Step Left side left, step Right behind left  
 7-8 Step Left side left, touch Right next to Left

## **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)

You can do several variations on the last eight counts. We alternate the toe-heel swivels, the hips, and the shimmys. Feel free to come up with your own and add them to the dance.

#### VARIATION #1

##### **STOMP, HOLD, SWAY, HOLD, SWAY, HOLD, SWAY, HOLD**

1-2 Stomp Right side right, hold  
 3-4 Sway Left hip left, hold  
 5-6 Sway Right hip right, hold  
 7-8 Sway Left hip left, hold

#### VARIATION #2

##### **STOMP, HOLD, HOLD, HOLD, SHIMMY**

1-2 Stomp Right side right, hold  
 3-4 Hold, hold  
 5-8 Shimmy

#### **FINISH:**

##### **STEP, HOLD, ½ PIVOT, HOLD, STEP, HOLD, ½ PIVOT, HOLD**

1-2 Step Right forward, hold  
 3-4 ½ pivot left, hold  
 5-6 Step Right forward, hold  
 7-8 ½ pivot left, hold

##### **STOMP, HOLD, SWAY, HOLD, SWAY, HOLD, SWAY, HOLD**

1-2 Stomp Right side right, hold  
 3-4 Sway Left hip left, hold  
 5-6 Sway Right hip right, hold  
 7-8 Sway Left hip left, hold

##### **STEP, HOLD, ½ PIVOT, HOLD, STEP, HOLD, ½ PIVOT, HOLD**

1-2 Step Right forward, hold  
 3-4 ½ pivot left, hold  
 5-6 Step Right forward, hold  
 7-8 ½ pivot left, hold

##### **STOMP, HOLD, HOLD, HOLD, SHIMMY, CROSS, UNWIND**

1-2 Stomp Right side right, hold  
 3-4 Hold, hold  
 5-6 Shimmy for 2 counts  
 7-8 Cross Right over Left, unwind ½ turn left ending up facing the front wall

