



# Paralyzed

**Song:** Paralyzed  
**Artist:** Delta Goodrem/Single (4.17mins)  
**Choreographer:** Linda Burgess (Australia) Aug 2020  
**Description:** 4 Wall, 40 count, Intermediate dance. Dance turns clockwise direction.  
**Video** <https://www.youtube.com/watch?v=zozIWb3hc2Y>

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**Beats**                      **Steps**                      **Intro: 16 counts**

**{1-8}**                      **SIDE/DRAG, ROCK/BACK, REPLACE, SIDE, BEHIND, ¼ L, PIVOT ½ L, STEP, FULL TURN, STEP**  
1,2&3,4&                      Big step to R (dragging L), rock/step L behind R, replace weight to R, step L to L, cross/step R behind L, turn ¼ L & step fwd L                      **(9.00)**  
5,6,7,8&                      Step fwd R, pivot ½ turn L (weight to L) , step fwd R, turn ½ R & step back L, turn ½ R & step fwd R                      **(3.00)**

**{9-16}**                      **STEP, MAMBO, COASTER/CROSS, SIDE/ROCK, ¼ REPLACE, RUN, RUN, RUN (or triple full turn L fwd)**  
1,2&3                      Step fwd L, rock/step fwd R, replace weight to L, step back R                      **(3.00)**  
4&5,6,7                      Step back L, step R beside L, cross/step L over R, rock/step R to R side, turn ¼ L & replace weight to L  
&8&                      Run fwd R, L, R,  
**Optional Step**                      Instead of runs fwd , make a triple turn fwd over the L.( &8&) .. (as shown in video)                      **(12.00)**

**{17-24}**                      **SIDE/DRAG, ROCK/BACK, REPLACE, SIDE, TOGETHER, ¼ FWD, PIVOT ½ BEND, ½ TWIST, STEP, PIVOT ¼**  
1,2&3&4                      Big step to L (drag R), rock/step back R, replace weight to L, step R to R, step L beside R, turn ¼ R & step fwd R                      **(3.00)**  
5,6,7,8&                      Step fwd L, pivot ½ turn R & bend knees slightly, twist ½ turn L (weight L), step fwd R, pivot ¼ turn L                      **(12.00)**

**{25-32}**                      **CROSS, BACK, BACK, CROSS, BACK, ½ FWD, PIVOT ½ , PIVOT ¼**  
1,2&3,4&                      Cross/step R over L, step back L, step back R, cross/step L over R, step back R, turn ½ L & step fwd L                      **(6.00)**  
5,6,7,8                      Step fwd R, pivot ½ turn L, step fwd R, pivot ¼ turn L                      **(9.00)**

**{33-40}**                      **CROSS/ROCK, REPLACE, TOGETHER, CROSS/ROCK, REPLACE, TOGETHER, STEP, PIVOT ½, STEP, CROSS/SHUFFLE**  
1,2&3,4&                      Cross/rock R over L, replace weight to L, step R beside L, cross/rock L over R, replace weight to R, step L beside R                      **(9.00)**  
5,6&7&8                      Step fwd R, pivot ½ turn L, step R slightly to R, cross/step L over R, step R to R, cross/step L over R                      **(3.00)**

**Tag**                      **At the end of Walls 2, 4, & 7.**  
1,2&3,4&                      Rock/step R to R, replace weight to L, step R beside L, rock/step L to L, replace weight to R, step L beside R

**ADD a Pause:** Wall 5, after counts 16, pause for 2 counts, then continue the dance from count 17 (on word “time”) to end.

**Restart:** Wall 6. (3.00).. Dance counts 1-24, then Restart facing 3.00 or... do the following extra turn before restarting!  
On counts 24 turn ½ L & step back R, turn ½ L & step fwd L (&), turn ¼ L (1) and Restart dance 3.00.

**Finish:** Dance counts 1-15 (side/rock/replace), cross/touch R over L & unwind ¾ L to face front (weight L).