



Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

## Aina

32 count, 2 wall, beginner/intermediate level  
Choreographer: Jana, Francina, Rosa & Raycountry  
(Catalunya) Oct 2005  
Choreographed to: Paralyzed by The Sweethearts of  
the Rodeo (174 bpm)

---

### Swivels, slow coaster step, hold

- 1-2 Swivel heels right, swivel heels center
- 3-4 Swivel heels right, swivel heels center
- 5-6 Step right back, step left beside right
- 7-8 Step right forward, hold

### Pivot ½ turn left, hold, slow coaster step, hold, toe strut

- 9-10 Pivot ½ turn left, hold
- 11-12 Step right forward, step left beside right
- 13-14 Step right back, hold
- 15-16 Step left toe cross over right, drop left heel

### Toe, heel, hook, step – toe, heel, hook, step

- 17-18 Touch right toe to right (knee inside), touch right heel forward (toe outside)
- 19-20 Hook right leg cross over left, step right cross over left  
(option count n°19: scoot over left)
- 21-22 Touch left toe to left (knee inside), touch left heel forward (toe outside)
- 23-24 Hook left leg cross over right, step left cross over right  
(option count n° 23: scoot over right)

### Step, hook, step, hook, step, scuff, step, stomp

- 25-26 Step right forward, hook left leg behind right
- 27-28 Step left back, hook right leg cross over left
- 29-30 Step right forward, scuff left beside right
- 31-32 Step left forward, stomp right beside left

Begin again

Final steps for the song "Paralyzed" by Sweethearts Of The Rodeo

- 27-28 Step left back, hold
- &29 Step right beside left, touch left heel forward
- &30 Step left beside right, flick right heel
- 31 Scuff right beside left