

I'm Addicted

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 0 级数: High Beginner
编舞者: Donna Manning (USA) - July 2017
音乐: Shape of You - Ed Sheeran



#16 count intro (NO RESTART OR TAG)

Alt. music: Craving You by Thomas Rhett feat Maren Morris – 32 count intro (use restart and tag)

Restart after 16 cts on wall 4 –

TAG: 4ct Tag after wall 9 facing 12:00

Sec.1: Step, Point 4X

1,2,3,4 Step L fwd, point R to R side, step R fwd, point L to L side

5,6,7,8 repeat 1-4

(Option for Sec.1

1a-2, 3a-4 Step L across to diagonal, press R to R side and recover to L, step R across to diagonal, press L to L side and recover to R.

5a-6, 7a-8 Repeat 1-4)

Sec.2: Step, touch 4X

1,2,3,4 Step L back, touch R in front (straighten knee to have hip lift for Bachata affect) Step R back, touch L in front (straighten knee to have hip lift for Bachata affect)

5,6,7,8 Repeat 1-4 touch L next to R on count 8 to facilitate next section

(for a little more umph instead of just stepping foot back do a small quick sweep into the step back – hold the core tight)

RESTART with Craving You - here

Sec.3: Side Rocks, Presses (think slow, quick, quick....)

1-2 & 3-4& L side rock, recover to R, bring L to center, R side rock, recover to L, bring R to center

5-6 & 7-8& Press L fwd, recover to R, bring L to center, press R fwd, recover to L, bring R to center

Sec.4: Step, ½ Turn, Triple, Rock- Recover, Step Back, Drag

1,2, 3&4 Step L fwd, ½ turn R taking weight to R, step L fwd, bring R instep to L heel, step L fwd

(Option 3&4 Triple full turn over R shoulder stepping out of it on the L)

5-6, 7-8 Rock R fwd, recover to L, step R back, Drag L to R without changing weight

(Option for count 8 – flick L out to L ready to step fwd on it for beginning)

Tag – 4 counts Step L fwd, touch R next to L, Step R back, touch L next to R

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. Video rights assigned to choreographer. dancinfreedonna@gmail.com All rights reserved.