

Novocaine

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Addicted - Will Dempsey



Intro: 16 Counts, Start at approx.. 12 secs

SEC 1 1/8 Side, Touch, 1/8 Side, Sailor Step, Weave, 5/8 Hinge

1&2 Turn 1/8 left step right to right, touch left beside right, turn 1/8 right step left to left (12:00)
3&4 Step right behind left, step left to left, step right to right
5&6 Step left behind right, step right to right, cross left over right
7-8 Turn 1/4 left step right back, turn 3/8 left step left forward (4:30)

SEC 2 Shuffle, Mambo Step, Touch Back Body Roll, Back, 1/2 Rock Recover

1&2 Step right forward, step left beside right, step right forward
3&4 Rock left forward, recover weight onto right, step left back
5-6& Touch right back body rolling back transferring weight onto right over 2 counts, step left back
7-8 Turn 1/4 right rock right to right, turn 1/4 right recover weight onto left (10:30)

SEC 3 Coaster Step, Step 1/8 Sweep, Cross, 3/4 Turn, Step, 1/2 Pivot, Step

1&2 Step right back, step left beside right, step right forward
3-4 Step left forward turn 1/8 left sweeping right from back to front, cross right over left (9:00)
5-6 Turn 1/4 right step left back, turn 1/2 right step right forward (6:00)
7&8 Step left forward, pivot 1/2 right transferring weight on to right, step left forward (12:00)

SEC 4 Samba Step, Weave Hitch, Weave, 1/8 Run Around

1&2 Cross right over left, rock left to left, recover weight onto right
3&4 Cross left over right, step right to right, step left behind right hitching right from front to back
5&6 Step right behind left, step left to left, cross right over left
7&8 Turn 3/8 left step left forward, turn 1/4 left step right forward, turn 1/4 left step left forward (1:30)

Note Timing for section 4 changes on Walls 2, 4 & 6 hitting guitar

1&a2 Cross right over left, rock left to left, recover weight onto right, hold
3&a4 Cross left over right, step right to right, step left behind right hitching right from front to back
5&a6 Step right behind left, step left to left, cross right over left, hold
7&a8 Turn 3/8 left step left forward, turn 1/4 left step right forward, turn 1/4 left step left forward, hold (7:30)

SEC 5 Walk, Walk, Mambo Step, Back Sweep, Back Sweep, 1/8 Weave

1-2 Step right forward, step left forward
3&4 Rock right forward, recover weight onto left, step right back
5-6 Step left back sweeping right from front to back, step right back sweeping left from front to back
7&8 Step left behind right, turn 1/8 right step right to right, cross left over right (3:00)

SEC 6 Side, Back Rock, 1/4 Side, Back Rock, 1/4 Side, Back Rock, Rocking Chair

1-2& Step right to right, rock left back, recover weight onto right
3-4& Turn 1/4 right step left to left, rock right back, recover weight onto left (6:00)
5-6& Turn 1/4 right step right to right, rock left back, recover weight onto right (9:00)

***Restart Here on Wall 5, add the following then Restart**

***7-8& Turn 1/4 right step left to left, rock right back, recover weight onto left (12:00)**

7&8& Rock left forward, recover weight onto right, rock left back, recover weight onto right

SEC 7 Step, Step, Full Turn, ¼ Side Shuffle, Side Knee Roll, Side Knee Roll

- 1 Step left forward
- 2-3 Step right forward, pivot ½ left transferring weight on to left (3:00)
- 4 Turn ½ left step right back (9:00)
- 5&6 Turn ¼ left step left to left, step right beside left, step left to left (6:00)
- 7-8 Step right to right rolling right knee out, step left to left rolling left knee out

SEC 8 Samba Step, Weave Sweep, Weave, Out, Out, In, Touch

- 1&2 Cross right over left, rock left to left, recover weight onto right
- 3&4 Cross left over right, step right to right, step left behind right hitching right from front to back
- 5&6 Step right behind left, step left to left, cross right over left
- &7&8 Step left to left, step right to right, step left beside right, touch right beside left

Note Timing for section 4 changes on Walls 2, 4 & on the ending hitting guitar

- 1&a2 Cross right over left, rock left to left, recover weight onto right, hold
- 3&a4 Cross left over right, step right to right, step left behind right hitching right from front to back
- 5&a6 Step right behind left, step left to left, cross right over left, hold
- &a7&8 Step left to left, step right to right, step left beside right, touch right beside left, hold

Ending After 38 counts of Wall 6, Add the following to end**¼ Sailor Step, Samba Step, Weave Sweep, Weave, Out, Out, In, Touch**

- 7&8 Turn ¼ left step left behind right, step right to right, step left to left
 - 1&a2 Cross right over left, rock left to left, recover weight onto right, hold
 - 3&a4 Cross left over right, step right to right, step left behind right hitching right from front to back, hold
 - 5&a6 Step right behind left, step left to left, cross right over left, hold
 - &a7&8 Step left to left, step right to right, step left beside right, touch right beside left, hold
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