

Not Addicted

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Sebastiaan Holtland (NL) - November 2011
音乐: Addicted - Anca Badiu



16 count intro (09 Sec) - (Sequence: A 64, A 64, A 16, 1st Tag, A 32, B 32, A 64, A 64, A 40, 2nd Tag, A 32, Ending).

Part A - 64 count

Sec A1: 1-8 Step, Touch, Side, Flick, ¼ L, ¼ L, Side, Sailor Step.

1-2 Step Lf forward, touch Rf next to Lf (12:00)
3-4 Step Rf to the right, flick left heel slightly up behind right leg
5-6 Turn ¼ left (9) step Lf forward, turn ¼ left (6) step Rf to the right
7&8 Step Lf behind Rf, step Rf to the right, step Lf forward weight onto Lf (6:00)

Sec A2: 9-16 Fwd Rock, Recover, ¼ Turn R, Side, Step-Heel Bounce, Touch Back, ½ Unwind L, Hip Bump R-L.

1-2 Rock Rf forward, recover on Lf (6:00)
&3-4 Turn ¼ right (9) step Rf to the right, step Lf slightly forward raise both heels, drop both heels (weight onto Rf)
5-6 Touch Lf back, unwind ½ (3) left taking weight onto Lf
7-8 Step Rf to the right bump R hip to right, bump L hip to left (3:00) **Tag**

***1st Tag here WALL 3 after 16 counts (facing 9 o'clock)**

Sec A3: 17-24 R Side Jump, Hold, L Side Jump, Hold, Cross, ¼ R, Back, Back, Hook.

&1-2 Small jump to right on Rf, touch Lf together, Hold (3:00)
&3-4 Small jump to left on Lf, touch Rf together, Hold
5-6 Cross Rf over Lf, turn ¼ right (6) step Lf back (Optional count 5: Step Rf forward)
7-8 Step Rf back, hook Lf up across Rf weight onto Rf (6:00)

Sec A4: 25-32 ½ R, Back Rock, Recover, Recover, Hold, Out, Out, ¼ R, Side, Together.

1-2 Turn ½ right (12) rock Lf back, recover on Rf
3-4 Recover on Lf, Hold
5-6 Step Rf out to right, step Lf out to left
7-8 Turn ¼ right (3) step Rf to the right, step Lf next to Rf weight onto Lf **Part B**

Part B here WALL 4 after 32 count (facing 12 o'clock)

Sec A5: 33-40 Heel Grind ¼ R, Heel Grind ¼ L, R Jazz Box ¼ R.

1-2 Heel grind with Rf (toes from left to right) turn ¼ right (6) step Rf back in place
3-4 Heel grind with Rf (toes from right to left) turn ¼ left (3) step Lf back in place
5-6 Cross Rf over Lf, turn ¼ right (6) step Lf back weight onto Lf
7-8 Step Rf to the right, step Lf forward weight onto Lf (6:00) **Tag**

****2nd Tag here WALL 7 after 40 count (facing 12 o'clock)**

Sec A6: 41-48 Heel Grind R, Heel Grind L, Fwd Rock, Recover, Coaster Step.

1-2 Heel grind with Rf (toes from left to right), step Rf back in place
3-4 Heel grind with Rf (toes from right to left), step Lf back in place
5-6 Rock Rf forward, recover on Lf
7&8 Step Rf back, step Lf beside Rf, step Rf forward weight onto Rf (6:00)

Sec A7: 49-56 Fwd Rock, Recover, ½ L, Step, ¼ L, Side, Back, Hold, Heel Swivel x2.

1-2 Rock Lf forward, recover on Rf
3-4 Turn ½ left (12) step Lf slightly forward, turn ¼ left (9) step Rf to the right weight onto Rf

5-6 Step Lf back, Hold
&7&8 With R toes on the floor swivel R heel out, swivel R heel in, with R toes on the floor swivel R heel out, swivel R heel in weight onto Lf (9:00)

Sec A8: 57-64 Step, Point, Step, Point, Cross, Back, Side, Touch.

1-2 Step Rf forward, point Lf out to left weight onto Rf
3-4 Step Lf forward, point Rf out to right weight onto Lf
5-6 Cross Rf over Lf, step Lf back weight onto Lf
7-8 Step Rf to the right, touch Lf next to Rf weight onto Rf (9:00)

Part B 32 count : (once in the music)

Sec B1: 1-8 Rumba Walks Fwd R-L, ½ Pivot L, Side, Hold.

1-2 Step Rf forward, Hold (weight onto Rf)
3-4 Step Lf forward, Hold (weight onto Lf)
5-6 Step Rf forward turn ½ left, taking weight onto Lf
7-8 Step Rf out to right, Hold (weight onto Rf)

Sec B2: 9-16 Scissor Cross, Hold, Hip Bumps R-L-R-L.

1-3 Step Lf to the left, step Rf beside Lf, cross Lf over Rf weight onto Lf
4 Hold
5-6 Step Rf to the right bump R hip to right, bump L hip to left
7-8 Bump R hip to right, bump L hip to left weight onto Lf

Sec B3: 17-24 Side, Hold, Recover, ½ Swivel L, Cross Rock, Recover, Side, Hold.

1-2 Step Rf to the right, Hold (weight onto Rf)
3-4 Recover on Lf, swivel ½ left keeping feet together holding weight onto Lf
5-7 Cross rock Rf forward, recover on Lf, step Rf to the right weight onto Rf
8 Hold

Sec B4: 25-32 Fwd Rock, Recover, ¼ L, Side Rock, Recover, Back Rock, Recover, ¼ R, Back, Back.

1-2 Rock Lf forward, recover on Rf
3-4 Turn ¼ left rock Lf to the left, recover on Rf
5-6 Rock Lf back, recover on Rf
7-8 Turn ¼ right step back on Lf, step back on Rf weight onto Rf

Tag: Out, Out, Heel Swivel x2 (weight change).

1-2 Step Rf out to right, Step Lf out to left taking weight onto Lf
&3&4 With R toes on the floor swivel R heel out, swivel R heel in, with R toes on the floor swivel R heel out, swivel R heel in taking weight onto Rf

Start Again, Enjoy
