

Addiction (zh)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maria Maag (DK) & Jannie Tofte Stoian (DK) - 2011年01月
音樂: Addiction - Medina



前奏: Intro: 32 count intro – start on word 'here' when heavy beat starts (app. 22 sec. into track)

第一段 Side behind side cross, Side, Back rock, Kick ball cross

- 1 Step R to R side [12:00] 右足右踏(面向12點鐘)
2&3 Cross L behind R, step R to R side, cross L in front of R
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
4 Step R to R side 右足右踏
5-6 Rock L back, recover onto R 左足後下沉, 右足回復
7&8 Kick L diagonally fw L, step L next to R, cross R over L [12:00]
左足斜角前踢, 左足併踏, 右足於左足前交叉踏(面向12點鐘)

(Restart 2 here 2nd on wall 8 after 8 counts.)

Kick L diagonally fw L, turn ¼ L stepping L fw, touch R next to L – facing 06:00)

第八面牆跳至此, 7&8換成左足斜角前踢, 左轉90度左足前踏, 右足併點(面向6點鐘), 從頭起跳

第二段 ¼ turn R x2, Cross shuffle, ¼ turn L, Back rock, Step lock

- 1-2 Turn ¼ R stepping L back, turn ¼ R stepping R to side [06:00]
右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)
3&4 Cross L over R, step R to R side, cross L over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
5-6 Turn ¼ L stepping R back, rock back on L [03:00]
左轉90度右足後踏, 左足後下沉(面向3點鐘)
7&8 Recover onto R, step L fw, lock R behind L [03:00]
右足回復, 左足前踏, 右足於左足後鎖踏(面向3點鐘)

(Restart 1 here 1st on wall 2 after 16 counts.)

Step L fw(&), touch R next to L(8) – facing 12:00 o'clock)

第二面牆跳至此, &8換成左足前踏, 右足併點, 面向12點鐘, 從頭起跳

第三段 Jazzbox ¼ R, Cross rock, Ball cross, ¼ turn R

- 1-2 Step L fw, cross R over L [03:00]
左足前踏, 右足於左足前交叉踏(面向3點鐘)
3-4 Turn ¼ R stepping L back, Step R to R side [06:00]
右轉90度左足後踏, 右足右踏(面向6點鐘)
5-6 Cross rock L over R, recover back onto R
左足於右足前交叉下沉, 右足回復
&7-8 Step L small step to L side, cross R over L, turn ¼ R stepping back on L [09:00]
左足略左踏, 右足於左足前交叉踏, 右轉90度左足後踏(面向9點鐘)

第四段 ½ turn R, Step ½ turn R, Shuffle L fw, Fw rock, Side rock, Back rock

- 1 Turn ½ R stepping R fw [03:00] 右轉180度右足前踏(面向3點鐘)
2-3 Step L fw, turn ½ R stepping onto R [09:00]
左足前踏, 右轉180度右足踏(面向9點鐘)
4&5 Step L fw, step R next to L, step l fw
左足前踏, 右足併踏, 左足前踏
6&7& Rock R fw, recover onto L, rock R to R side, recover onto L
右足前下沉, 左足回復, 右足右下沉, 左足回復
8& Rock R back, recover onto L [09:00] 右足後下沉, 左足回復(面向9點鐘)

Ending – Wall 11 – Starts facing 12:00 o'clock:

After wall 11 make $\frac{1}{4}$ turn R stepping R fw.

結束: 面向12點鐘開始跳第十一面牆, 結束時加做右轉90度右足前踏
