

I'm Addicted

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 0 級數: High Beginner
編舞者: Donna Manning (USA) - July 2017
音樂: 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

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