

# Narcotic

拍數: 96      牆數: 2      級數: Phrased Intermediate  
編舞者: Sabrina Kolodziej (DE) & Merle Osmers - September 2019  
音樂: Narcotic - YOUNOTUS, Janieck & Senex



Dance starts immediately on first tact

## Part A - Verse

### A1: Rumba Box

1-2            Step RF to R, Close LF next to RF  
3-4            Step RF fwd, Hold  
5-6            Step LF to L, Close RF next to LF  
7-8            Step LF back, Hold

### A2: Rock Back, Step, Pivot Turn, Step

1-2            Rock RF back, Recover to L  
3-4            Step RF fwd, Hold  
5-6            Step LF fwd, Pivot ½ Turn  
7-8            Step RF fwd, Hold

### A3: Repeat A1

### A4: Repeat A2

## Part B - Pre-Chorus

### B1: Turning Lock Shuffle fwd, Turning Lock Shuffle back (repeat x2)

1&2            Turn ⅛ R Step R fwd, Lock L behind R, Step R fwd  
3&4            Turn ¼ R Step L back, Lock R over L, Step L back  
5&6            Turn ¼ R Step R fwd, Lock L behind R, Step R fwd  
7&8            Turn ¼ R Step L back, Lock R over L, Step L back

### B2: Back Rock, Lock Shuffle, Step Turn, Cross Shuffle

1-2            Rock RF back ⅛ turn (facing 12:00), Recover to LF  
3&4            Step fwd LF, Lock RF behind LF, Step RF fwd  
5-6            Step LF fwd, Turn R ½  
7&8            Cross LF over RF, Step RF to R, Cross RF over LF

### B3: Side Rock, Behind Side Cross, Step, Tap, Point and Point

1-2            Rock RF to R, Recover to LF  
3&4            Cross RF behind LF, Step LF to L, Cross RF over LF  
5-6            Step LF to L, Tap RF next to LF  
7&8            Touch RF to R, Touch RF next to LF, Touch RF to R

### B4: Jazz Box ¼ Turn, 2x Kick Ball Change

1-2            Cross RF over LF, Step LF back  
3-4            Step RF to R with ¼ turn, Cross LF over RF  
5&6            Kick RF fwd, Close RF next to LF, Step LF next to RF  
7&8            Kick RF fwd, Close RF next to LF, Step LF next to RF

## Part C - Chorus

### C1: Dorothy R, L, R, L

1-2&            Step RF fwd to R diagonal, Cross LF behind RF, Step RF to R diagonal  
3-4&            Step LF fwd to L diagonal, Cross RF behind LF, Step LF to L diagonal

5-6& Step RF fwd to R diagonal, Cross LF behind RF, Step RF to R diagonal  
7-8& Step LF fwd to L diagonal, Cross RF behind LF, Step LF to L diagonal

**C2: Rock Step, Coaster Step, Pivot Turn, Lock Shuffle,**

1-2 Rock R fwd, Recover to L  
3&4 Step LF back, Close RF next to LF, Step LF fwd  
5-6 Step RF fwd, Turn R ½  
7&8 Step fwd LF, Lock RF behind LF, Step RF fwd

**C3: Repeat C 1**

**C4: Repeat C 2**

**Part D - Bridge**

**D1: Point, Point, Point, Step, Point, Point, Sailor ½ Turn**

1-2 Point RF fwd, Point RF to R  
3-4 Point RF back, Step RF fwd  
5-6 Point LF fwd, Point LF to L  
7-8 Cross LF behind RF, ¼ turn L and step RF to R side, ¼ turn L and step LF fwd

**D2: Toe Strut R + L, Rocking Chair**

1-2 Tap RF forward, Set RF down  
3-4 Tap LF forward, Set LF down  
5-6 Rock RF fwd, recover to LF  
7-8 Rock RF back, recover to LF

**D3: Repeat D1**

**D4: Repeat D2**

**Part E - End**

**E1: Grapevine R, Grapevine L**

1-2 Step RF to R, Cross LF behind RF  
3-4 Step RF to R, Tap LF next to RF  
5-6 Step LF to L, Cross RF behind LF  
7-8 Step LF to L, Tap RF next to LF

**E2: Step Touch, Step Touch, Step Cross, Full Turn**

1-2 Step RF to R, Touch LF next to RF  
3-4 Step LF to L, Touch RF next to LF  
5-6 Step RF to R, Cross LF behind to RF  
7-8 Full Turn (facing 12:00)

**Dancing order: A B C A A B C D D C E**

**It sounds more complicated than it is... really! ;-)** Have fun!

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