

You're My Addiction

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Elaine Douris (UK) - August 2008
音樂: Because of You - Ne-Yo



Teaching track: You Sang To Me – Marc Anthony (81bpm)

Alternative music:

Car Wash – Shark's Tale Soundtrack (120bpm)

Sugar Sugar (In My Life) – John Fogarty (118bpm)

Viene Mi Gente – Chica (123bpm)

Been around the world – Lisa Stansfield (102 bpm)

Rocking Peumonia – Ronnie McDowell (120bpm) This has more of a swing feel

Intro: 8 beat intro then start

Section 1: syncopated vine right, side rock, cross step

1, 2, 3 step right foot to right side, step left foot behind right, step right foot to right side
4 & 5 step left foot across right, step right foot to right side, step left foot behind right
6, 7 rock right foot to right side, replace weight rocking onto left foot
8 cross right over left in front (weight should now be on right foot)

Section 2: ¼ turn right, back rock, right lock step fwd, fwd rock, left lock step back

1 pivoting on right foot make ¼ turn right stepping back onto left foot
2, 3 step right foot back, rock weight fwd onto left foot
4 & 5 step fwd right foot, lock left foot behind right, step fwd right foot
6, 7 step left foot fwd, rock weight back onto right foot
& small quick kick with left foot (pointing toes down towards floor)
8 & 1 step back left foot, lock right foot in front of left foot, step back left foot

Section 3: right kick, right lock steps back, left kick, left coaster step, 2 walks fwd, right lock step fwd

& small quick kick with right foot (pointing toes down towards floor)
2 & 3 step back right foot, lock left foot in front of right foot, step back right foot
& small quick kick with left foot (pointing toes down towards floor)
4 & 5 step back left foot, step back right foot, step fwd left foot
6, 7 step fwd right foot, step fwd left foot (with attitude)
8 & 1 step fwd right foot, lock left foot behind right foot, step fwd right foot

Section 4: left rock step, ¼ pivot turn right, cross shuffle left over right, ¼ turn left, turning sailor step making ¾ turn left

2, 3 step fwd left foot turning ¼ turn right, step right foot to right side
4 & 5 cross left foot over right, step right foot to right side, cross left foot over right
6, 7 step right foot to right side, making ¼ turn left step back with left foot
8 & making ¼ turn left step right foot back behind left foot, then with weight on the right foot make ½ turn left stepping fwd onto left foot (feet should be crossed with left foot in front of right foot at this point, with weight now on left foot)

1 start of dance right foot to right side finishes sailor turn but is also 1st step of dance

(for class members that don't like to turn, count 6, 7, 8 & 1 - step right foot side, close left foot to right foot, then chasse right, the last step of chasse is first step of vine!)