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| Addicted (深情迷戀) (zh) |  |

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| **Compte:** | 32 | **Mur:** | 4 | **Niveau:** | Intermediate/Advanced | . |
| **Chorégraphe:** | Rachael McEnaney (USA) - 2009年01月 |
| **Musique:** | Addicted - Kelly Clarkson : (CD: Breakaway) |
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**前奏： Dance starts almost immediately – you will hear lyrics “Its like you’re a drug” start on word DRUG**

**The timing of the music feels like a very fast waltz (6/8 timing). However, the dance is not a waltz 這不是華爾滋的舞曲**

**It has been choreographed using what is known as “rolling count” as in &a 1&a, 2&a, 3&a, 4&a etc 這是使用rolling count的拍子數法**

**For instructors once you have the rhythm you may want to just count with regular “&” counts however I have broken it down on the step sheet in timing with the music. 建議融入音樂取代數拍的跳法**

**The walls are actually all done on diagonals – so 1st wall is 10.30, 2nd wall is 7.30, 3rd wall is 4.30, 4th wall 1.30 這首舞曲面向牆都是斜角線**

**第一面牆10:30, 第二面牆7:30, 第三面牆4:30, 第四面牆1:30**

**Footwork – you will notice I have broken the steps into counts of 7 – this is for teaching purposes of how the steps flow**

**這首舞曲為了比較好說明舞步的程序, 第一段只有7拍, 第四段9拍**

**第一段**

**R Back Rock, ½ Turn, L Back Rock, 2 Full Turns Right Travelling Forward Into Right Shuffle, 1/8 Turn L Sweep**

**右後下沉, 轉1/2, 左後下沉, 二個右向前轉圈連前交換左繞轉1/8**

**1-2**

**下沉回復**

**Facing 10.30 – Rock back on right foot (1), recover weight onto left (2) [10.30]**

**面向10:30 (1)右足後下沉 (2)左足回復**

**&a3-4**

**180併**

**下沉回復**

**Make ½ turn left on ball of left (no weight change) (&), step right next to left (a), rock back on left (3), recover weight onto right (4) [4.30]**

**(&)以左足左轉180度重心仍在左足 (a)右足併踏 (3)左足後下沉**

**(4)右足回復(面向4:30)**

**a5**

**轉轉**

**Make ½ turn right stepping left next to right (a), make ½ turn right stepping forward on right (5) [4.30]**

**(a)右轉180度左足併踏 (5)右轉180度右足前踏 (面向4:30)**

**a6**

**轉轉**

**Make ½ turn right stepping left next to right (a), make ½ turn right stepping forward on right (6) [4.30]**

**(a)右轉180度左足併踏 (6)右轉180度右足前踏 (面向4:30)**

**a7**

**併 踏繞**

**Step left next to right (a), step forward on right as you do so sweep left leg round making 1/8 turn right (7) [6.00]**

**(a)左足併踏 (7)右足前踏左足繞並右轉45度(面向6點鐘)**

**第二段**

**L Cross, R Side, L Behind, R Sweep, R Behind, L Side, R Cross, L Side Rock, Weave/Vine To Right**

**左交叉, 右側, 左後, 右繞, 右後, 左側, 右交叉, 左下沉, 右藤步**

**8a1**

**右華倫**

**Cross left over right (8), step right to right side (a), cross left behind right (1) [6.00]**

**(8)左足於右足前交叉踏 (a)右足右踏 (1)左足於右足後交叉踏**

**(面向6點鐘)**

**&2a3**

**繞**

**左華倫**

**Sweep right foot round clockwise (no weight change) (&), cross right behind left (2), step left to left side (a), cross right over left (3) [6.00]**

**(&)右足順時針繞(重心在左足) (2)右足於左足後交叉踏 (a)左足左踏 (3)右足於左足前交叉踏(面向6點鐘)**

**a4**

**下沉回復**

**Rock ball of left to left side (a), recover weight onto right (4) [6.00]  (a)左足左下沉 (4)右足回復(面向6點鐘)**

**5-7**

**右藤步**

**Cross left over right (5), step right to right side (a), cross left behind right (6), step right to right side (a), cross left over right (7) [6.00]**

**(5)左足於右足前交叉踏 (a)右足右踏 (6)左足於左足後交叉踏**

**(a)右足右踏 (7)左足於右足前交叉踏(面向6點鐘)**

**第三段**

**Unwind ¾ Turn, ½ Turn R Syncopated Turn, Back R, ¼ Turn R Side, Cross L, Side Rock, Syncopated Cross Rocks**

**繞轉3/4, 右轉1/2, 右後, 右1/4, 左交叉, 側下沉, 交叉下沉**

**&8a**

**270 踏轉**

**Unwind ¾ turn right (no weight change end facing 3.00) (&), Step forward on right (8), make ½ turn right stepping back on left (a) [9.00]**

**(&)右繞轉270度(重心在左足, 面向3點鐘)**

**(8)右足前踏  (a)右轉180度左足後踏(面向9點鐘)**

**1,2a3**

**後後90交叉**

**Step back on right (1), step back on left (2), make ¼ turn right stepping right to right side (a), cross left over right (3) [12.00]**

**(1)右足後踏 (2)左足後踏 (a)右轉90度右足右踏**

**(3)左足於右足前交叉踏(面向12點鐘)**

**a4**

**下沉回復**

**Rock ball of right to right side (a), recover weight onto left (4), [12.00]  (a)右足右下沉 (4)左足回復(面向12點鐘)**

**5&a**

**交叉下沉踏**

**Cross rock right over left (5), recover weight onto left (&), step right to right side (a) [12.00]**

**(5)右足於左足前交叉下沉 (&)左足回復 (a)右足右踏(面向12點鐘)**

**6&a7**

**交叉下沉**

**踏 交叉**

**Cross rock left over right (6), recover weight onto right (&), step left to left side (a), cross right over left (7) [12.00]**

**(6)左足於右足前交叉下沉 (&)右足回復 (a)左足左踏**

**(7)右足於左足前交叉踏(面向12點鐘)**

**第四段**

**R Coaster Cross With Turn X 2, R Coaster Step, Full Turn Right Travelling Forward, Run Back R, L.**

**右海岸交叉轉二次, 右海岸, 右向前轉圈, 後跑-右, 左**

**a8a1**

**後後併交叉**

**Make 1/8 turn right stepping back on left (a), step back on right (8), step left next to right (a), make 1/8 R crossing right over left (1) [3.00]**

**(a)右轉45度左足後踏 (8)右足後踏 (a)左足併踏**

**(1)右轉45度右足於左足前交叉踏(面向3點鐘)**

**a2a3**

**後後併交叉**

**Make 1/8 turn right stepping back on left (a), step back on right (2), step left next to right (a), make 1/8 R crossing right over left (3) [6.00]**

**(a)右轉45度左足後踏 (8)右足後踏 (a)左足併踏**

**(1)右轉45度右足於左足前交叉踏(面向6點鐘)**

**a4a5**

**後後併前**

**Make 1/8 turn right stepping back on left (a), step back on right (4), step left next to right (a), step forward on right (5) [7.30]**

**(a)右轉45度左足後踏 (8)右足後踏 (a)左足併踏**

**(1)右足前踏(面向7:30)**

**6a7**

**轉轉下沉**

**Make ½ turn right stepping left next to right (6), make ½ turn right stepping forward on right (a), rock forward on left (7) [7.30]**

**(6)右轉180度左足併踏 (a)右轉180度右足前踏**

**(7)左足前下沉(面向7:30)**

**8a**

**後後**

**Recover weight onto right stepping back on right (8), step back on left (a) – start again rocking back on left. [7.30]**

**(8)右足後踏 (a)左足後踏 (面向7:30)**

**RESTARTS: They happen AFTER each chorus (only twice), you will dance the first 7 counts of dance “add ‘a8a’ below” then restart from the beginning.**

**在跳完7拍後加a8a湊八拍從頭起跳**

**Count 7 was the right foot stepping forward (do not sweep), make ½ turn right stepping left next to right (a), step back on right (8), step back on left (a)**

**(7) 右足前踏左足不要繞  (a)右轉180度左足併踏 (8)右足後踏 (a)左足後踏**

**1st restart:**

**第一次**

**從頭起跳**

**On 4th wall. You will begin 4th wall facing 1.30 do FIRST 7 counts plus ‘a8a’ above – you will be facing 1.30 to start again (this will then be counted as 5th wall. 1.30**

**第四面牆面向1:30跳完第7拍加a8a仍面向1:30從頭起開始第五面牆**

**2nd restart:**

**第二次**

**從頭起跳**

**On 7th wall. You will begin 7th wall facing 7.30 do FIRST 7 counts plus ‘a8a’ above – you will be facing 7.30 to start again (this will then be counted as 8th wall). 7.30**

**第七面牆面向7:30跳完第7拍加a8a仍面向7:30從頭起開始第八面牆**

**TAG: This happens at END of 8th wall. You will be facing 4.30 when you do the tag. The music has a change beat it has a strong build up (this is your reminder for the tag)  加拍:第八面牆結束面向4:30時, 音樂會轉向重音時注意加拍**

**1-2**

**走走**

**Walk back on right (1), walk back on left (2) [4.30]**

**(1)右足後走步  (2)左足後走步(面向4:30)**