Addicted (深情迷戀) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Intermediate/Advanced
Chorégraphe: Rachael McEnaney (USA) - 2009年01月
Musique: Addicted - Kelly Clarkson : (CD: Breakaway)

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)