Friction Addiction

拍数: 32

1&2

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音乐: Petrified (Radio Edit) - Fort Minor

墙数:4

Make the steps	s sharp. It is not a sailor quarter turn
3&4	Hold, step left behind right, make a ¼ right stepping forward on right. (facing 12:00)
5&6	Rock forward on left, recover onto right, step left foot back locking in front of right
7&8	Make a $\frac{1}{2}$ turn right stepping forward on right, make a $\frac{1}{2}$ turn right stepping left next to right, step forward on right. (facing 12:00)
1-2	Step forward on left, step right to right side
3&4	Step left next to right, make a ¼ turn right and scissor step right across left, step to left side with left foot while pushing left hip. (facing 3:00)
5-6	Step right foot to right side, step left across and in front of right
7&8	Make a ¼ turn right stepping forward on right, make a ¼ right stepping left to left side, step right in front of left. (5th position) (facing 9:00)
1&2	Make a ¼ turn right stepping back on left, make a ½ turn right stepping forward on right, step

- Make a ¼ turn right stepping back on left, make a ½ turn right stepping forward on right, step 1&2 forward on left and lift right knee up slightly. (facing 6:00)
- 3&4 Hold, step right across and in front of left, step back on left
- 5-6 Step back on right, step back on left locking over right
- 7-8 Make a ½ turn right on left foot stepping right across and in front of left, step left to left side pushing left hip to left. (facing 12:00)

Steps 5-6-7-8 should be exaggerated

- 1&2 On balls of feet, step right a small step to right side, step left across and in front of right, step right a large step to right side dragging left foot
- 3&4 Hold, step left next to right, step forward on right
- 5&6 Make a ¼ turn right rocking left to left side, recover onto right, step left across and in front of right. (facing 3:00)
- Make a ¼ turn right stepping forward on right, make a ¼ turn right stepping left to left side. 7-8 (facing 9:00)

REPEAT

RESTART

On wall 5 you will be facing the front wall again. Dance the first 16 counts as written then restart from the beginning doing the following modified steps:

1-2 Make 1/4 turn left stepping forward on left, step right a shoulder width apart from left (facing original 6:00 wall)

Carry on with count three as written above

OPTIONAL

There is a break on wall three that is fun to hit. You will dance the first sixteen counts as written. In the 3rd set of 8 he will say "just stop" on &1. Instead of doing 1&2 of the 3rd set of 8 as written, try this

&1 Make a ¼ turn right stepping back on left, make a fast ½ turn right on left foot and lift right knee up slightly

2-3 Hold (facing original 12:00 wall)

Carry on with &4 as written





级数:

Step right behind left, make a ¼ turn left stepping forward on left, step right to right side