You're My Addiction



编舞者: Elaine Douris (UK) - August 2008

音乐: 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 Foggarty (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

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1	pivoting on right foot make 1/4 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 1/4 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)

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!)