

Narcotic

拍數: 96 牆數: 2 級數: Phrased Intermediate
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音樂: Narcotic - YOUNOTUS, Janieck & Senex



Dance starts immediately on first tact

Part A - Verse

A1: Rumba Box

1-2 Step RF to R, Close LF next to RF
3-4 Step RF fwd, Hold
5-6 Step LF to L, Close RF next to LF
7-8 Step LF back, Hold

A2: Rock Back, Step, Pivot Turn, Step

1-2 Rock RF back, Recover to L
3-4 Step RF fwd, Hold
5-6 Step LF fwd, Pivot ½ Turn
7-8 Step RF fwd, Hold

A3: Repeat A1

A4: Repeat A2

Part B - Pre-Chorus

B1: Turning Lock Shuffle fwd, Turning Lock Shuffle back (repeat x2)

1&2 Turn ⅛ R Step R fwd, Lock L behind R, Step R fwd
3&4 Turn ¼ R Step L back, Lock R over L, Step L back
5&6 Turn ¼ R Step R fwd, Lock L behind R, Step R fwd
7&8 Turn ¼ R Step L back, Lock R over L, Step L back

B2: Back Rock, Lock Shuffle, Step Turn, Cross Shuffle

1-2 Rock RF back ⅛ turn (facing 12:00), Recover to LF
3&4 Step fwd LF, Lock RF behind LF, Step RF fwd
5-6 Step LF fwd, Turn R ½
7&8 Cross LF over RF, Step RF to R, Cross RF over LF

B3: Side Rock, Behind Side Cross, Step, Tap, Point and Point

1-2 Rock RF to R, Recover to LF
3&4 Cross RF behind LF, Step LF to L, Cross RF over LF
5-6 Step LF to L, Tap RF next to LF
7&8 Touch RF to R, Touch RF next to LF, Touch RF to R

B4: Jazz Box ¼ Turn, 2x Kick Ball Change

1-2 Cross RF over LF, Step LF back
3-4 Step RF to R with ¼ turn, Cross LF over RF
5&6 Kick RF fwd, Close RF next to LF, Step LF next to RF
7&8 Kick RF fwd, Close RF next to LF, Step LF next to RF

Part C - Chorus

C1: Dorothy R, L, R, L

1-2& Step RF fwd to R diagonal, Cross LF behind RF, Step RF to R diagonal
3-4& Step LF fwd to L diagonal, Cross RF behind LF, Step LF to L diagonal

5-6& Step RF fwd to R diagonal, Cross LF behind RF, Step RF to R diagonal
7-8& Step LF fwd to L diagonal, Cross RF behind LF, Step LF to L diagonal

C2: Rock Step, Coaster Step, Pivot Turn, Lock Shuffle,

1-2 Rock R fwd, Recover to L
3&4 Step LF back, Close RF next to LF, Step LF fwd
5-6 Step RF fwd, Turn R ½
7&8 Step fwd LF, Lock RF behind LF, Step RF fwd

C3: Repeat C 1

C4: Repeat C 2

Part D - Bridge

D1: Point, Point, Point, Step, Point, Point, Sailor ½ Turn

1-2 Point RF fwd, Point RF to R
3-4 Point RF back, Step RF fwd
5-6 Point LF fwd, Point LF to L
7-8 Cross LF behind RF, ¼ turn L and step RF to R side, ¼ turn L and step LF fwd

D2: Toe Strut R + L, Rocking Chair

1-2 Tap RF forward, Set RF down
3-4 Tap LF forward, Set LF down
5-6 Rock RF fwd, recover to LF
7-8 Rock RF back, recover to LF

D3: Repeat D1

D4: Repeat D2

Part E - End

E1: Grapevine R, Grapevine L

1-2 Step RF to R, Cross LF behind RF
3-4 Step RF to R, Tap LF next to RF
5-6 Step LF to L, Cross RF behind LF
7-8 Step LF to L, Tap RF next to LF

E2: Step Touch, Step Touch, Step Cross, Full Turn

1-2 Step RF to R, Touch LF next to RF
3-4 Step LF to L, Touch RF next to LF
5-6 Step RF to R, Cross LF behind to RF
7-8 Full Turn (facing 12:00)

Dancing order: A B C A A B C D D C E

It sounds more complicated than it is... really! ;-) Have fun!

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