

Addicted

Choreographed by **Rachael McEnaney** (January 2009)
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Description: 32 Counts, 4 Walls, Intermediate/Advanced
Music: Addicted – Kelly Clarkson – on Breakaway Album (available on itunes)
Count In: Dance starts almost immediately – you will hear lyrics “Its like you’re a drug” start on word DRUG.
Notes: The timing of the music feels like a very fast waltz (6/8 timing). However, the dance is not a waltz. It has been choreographed using what is known as “rolling count” as in &a 1&a, 2&a, 3&a, 4&a etc 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.
 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
Tags/Restarts: There are 2 restarts and 1 tag written in the description at end of sheet.

| Section | Footwork – you will notice I have broken the steps into counts of 7 – this is for teaching purposes of how the steps flow | End Facing |
|-------------------------|---|------------|
| 1 - 7 | R back rock, ½ turn, L back rock, 2 full turns right travelling forward into right shuffle, 1/8 turn L sweep | |
| 1 - 2 | Facing 10.30 – Rock back on right foot (1), recover weight onto left (2) | 10.30 |
| & a 3 - 4 | 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 |
| a 5 | Make ½ turn right stepping left next to right (a), make ½ turn right stepping forward on right (5) | 4.30 |
| a 6 | Make ½ turn right stepping left next to right (a), make ½ turn right stepping forward on right (6) | 4.30 |
| a 7 | 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 |
| 8 - 15 | L cross, R side, L behind, R sweep, R behind, L side, R cross, L side rock, weave/vine to right | |
| 8 a 1 | Cross left over right (8), step right to right side (a), cross left behind right (1) | 6.00 |
| & 2 a 3 | 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 |
| a 4 | Rock ball of left to left side (a), recover weight onto right (4) | 6.00 |
| 5 - 7 | 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 |
| 16 - 23 | Unwind ¾ turn, ½ turn R syncopated turn, back R, ¼ turn R side, cross L, side rock, syncopated cross rocks | |
| & 8 a | 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 |
| 1, 2 a 3 | 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 |
| a 4 | Rock ball of right to right side (a), recover weight onto left (4), | 12.00 |
| 5 & a | Cross rock right over left (5), recover weight onto left (&), step right to right side (a) | 12.00 |
| 6 & a 7 | Cross rock left over right (6), recover weight onto right (&), step left to left side (a), cross right over left (7) | 12.00 |
| 24 – 32 | R coaster cross with turn x 2, R coaster step, full turn right travelling forward, run back R, L. | |
| a 8 a 1 | 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 2 a 3 | 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 4 a 5 | 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 |
| 6 a 7 | 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 |
| 8 a | Recover weight onto right stepping back on right (8), step back on left (a) – start again rocking back on left. | 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. | |
| 7 ‘a8a’ | 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) | |
| 1 st restart | On 4 th wall. You will begin 4 th 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 5 th wall. | 1.30 |
| 2 nd restart | On 7 th wall. You will begin 7 th 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 8 th wall). | 7.30 |
| 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 ☺) | |
| 1 - 2 | Walk back on right (1), walk back on left (2) | 4.30 |