

## Addicted

32 Count, 4 Wall, Int/Adv

Choreographer: Rachael McEnaney (UK) Jan 09

Choreographed to: Addicted by Kelly Clarkson

CD: Breakaway

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

You will notice I have broken the steps into counts of 7 – this is for teaching purposes of how the steps flow

### 1 -7 R back rock, ½turn, 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 ½turn 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 ½turn right stepping left next to right (a), make ½turn right stepping forward on right (5) 4.30

a 6 Make ½turn right stepping left next to right (a), make ½turn 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 ¾turn, ½turn R syncopated turn, back R, ¼turn R side, cross L, side rock, syncopated cross rocks

& 8 a Unwind ¾turn right (no weight change end facing 3.00) (&), Step forward on right (8), make ½turn 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 ½turn right stepping left next to right (6), make ½turn right stepping forward on right (a), rock forward on left

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 ½turn right stepping left next to right (a), step back on right (8), step back on left (a)

**1st restart** 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

**2nd restart** 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

**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

**START AGAIN, HAVE FUN! •**