

ADDICTED TO YOU

PG 1 OF 3

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MUSIC: "Addicted To You" by Shakira 2:27 download Amazon.com
RHYTHM: MERENGUE RAL phase V+ 2 [curly whip, snake] + 1 U [swing basics]
FOOTWORK: Opposite unless indicated. SPEED: slow 8-9% adjust for comfort
SEQUENCE: INTRO A B A(1-8) BRG B A(1-8) BRG END released: 1/16 corrected: 3/16

INTRO

1-2 WAIT;;

1-2 CP WALL lead ft free wait;;

PART A

1-4 CURLY WHIP;; SWING BASICS;;

1-2 [CURLY WHIP] fwd L, rec R leading W to trn LF undr jnd lead hnds, sd & fwd L comm RF trn, cont RF trn XRIB of L (W bk R, rec L, fwd R trng LF under jnd lead hnds, sd L) end CP COH; cont RF trn sd & fwd L, cont RF trn XRIB of L, cont RF trn sd L, cl R (W XRIF of L trng RF, sd & fwd L cont RF trn, XRIF of L, sd L) end CP WALL;

3-4 [SWING BASICS] rk bk L to SCP, rec R, sd L to fc ptr swinging hips twd LOD, swinging hips twd RLOD cl L; REPEAT MEAS 3 PART A;

5-8 ARM SLIDE;; HIP RKS DOWN & UP;;

5-6 [ARM SLIDE]with arms extended fwd palms up (W palms down & on top of partner's arms) bk away from ptr bk L, bk R, bk L, bk R sm steps sliding hands along W's arms to join both hnds (W bk R, bk L, bk R, bk L sm steps sliding hands along top of M's arms) join both hnds; moving twd ptr fwd L, fwd R, fwd L, fwd R sm steps raising jnd hnds straight up above head;

7-8 [HIP RKS DOWN & UP] dropping hnds to W's waist (plcing hnds on M's shoulders) sd L swinging hips twd LOD, sd R swinging hips twd RLOD, sd L swinging hips twd LOD, sd R swinging hips twd RLOD lowering into the knees over the entire measure; in lowered position sd L swinging hips twd LOD, sd R swinging hips twd RLOD, sd L swinging hips twd LOD, sd R swinging hips twd RLOD rising over the entire measure join both hnds;

9-14 WRAP AROUND;;; MERENGUE BASIC; PROMENADE;

9 [WRAP AROUND] rk apart L, rec R, fwd L wheel ing RF raising jnd lead hnds to wrap W to M's R sd, fwd R (W rk apt R, rec L, fwd R twd M's R sd trng LF undr jnd lead hnds to wrap pos, in plc L) end fcg DRC;

10 wheel RF 1 full trn fwd L, R, L, R (W bk R, L, R, L) to fc DRC;

11 cont wheeling RF fwd L, R, L raising jnd lead hnd to lead W to trn RF under jnd hnds, in plc R (W trn RF under jnd lead hnds R, L, R, L to end in tamara position M fcg LOD and W fcg RLOD;

12 rk apt L, rec R trng 1/4 RF to fc WALL, leading W to trn LF undr jn lead hnds, in place L, in plc R (W rk apt R, rec L trng LF undr jnd lead hnds, R, L) to end BFLY WALL;

13 [MERENGUE BASIC] sd L on inside edge of foot, cl R, sd L on inside edge of foot, cl R;

14 [PROMENADE] in SCP fwd L, fwd R, trng 1/4 to fc ptr sd L, cl R;

PART B

1-7 SNAKE;;; SD SEPARATION;;;;

- 1 [SNAKE] with both hnds jnd raise M's L & W's R hnds trng LF 3/4 undr jnd hands in plc L, R, L, R (W in plc R, L, R, L trng 1/4 RF) end in sd by sd pos fcg RLOD (W LOD)L hip adjacent M's L & W's R hnds jnd at W's R hip M's R & W's L hnds jnd at M's back;
- 2 raising M's L & W's R hnds lead W to trn RF undr jnd hnds stepping in place L, R, trng RF 1/4 (W trn RF 1/4 undr M's L & W's R hnds in plc R, L) end in momentary bk to bk pos fcg COH (W WALL), raising M's R & W's L hnds lead W to trn RF undr jnd hnds stepping in plc L, R trng RF 1/4 (W trn RF 1/4 undr jnd M's R & W's L hnds in pl R, L) end in sd by sd pos fcg LOD (W RLOD) R hip adjacent M's L & W's R hnd at M's bk and M's R & W's L hands at W's L hip;
- 3 raising M's R & W's L hnds in plc L, R, L R trng LF 3/4 undr jnd hnds (W in plc R, L, R, L trng RF 1/4) end in BFLY M fcg WALL;
- 4 [SD SEPARATION] blending to BFLY sd L, cl R, sd L, tch R (W sd R, cl L, sd R, cl L);
- 5 moving twd RLOD releasing hnds sd R, cl L, sd R, tch L (W moving twd LOD sd R, cl L, sd R, tch L);
- 6 moving twd LOD sd L, cl R, sd L, cl R (W moving twd RLOD sd L, cl R, sd L, cl R);
- 7 cont moving twd LOD sd L, cl R, sd L, cl R (W cont moving twd RLOD sd L, cl R, sd L, tch R) join R/R hnds;

8-13 RK WRAP WHEEL UNWRAP;;; CONGA WLK L & R;;; CONGA WLK FWD & BK;;;

- 8-9 [RK WRAP WHEEL UNWRAP] R hnds jnd lead ft free rk apt L, rec R, fwd L trng RF 1/4 to fc RLOD wrapping lady into shadow pos, cl R (W rk apt R, rec L, fwd R trng 1/4 LF to fc RLOD in shadow, cl L); moving CW in shadow pos bk L, bk R, bk L leading W to unwrap, bk R to fc ptr WALL (W bk R, bk L, bk R pivoting RF on R to unwrap, sd & bk L);
- 10-11 [CONGA WLK L & R] fcg ptr WALL no hnds jnd sd L, XRIF of L, sd L with sl upper bdy trn, tap R; sd R, XLIF of R, sd R with sl upper bdy trn, tap L;
- 12-13 [CONGA WLK FWD & BK] no hnds jnd fwd twd ptr WALL L, R, L, tap R & shake shoulders (W bk R, L, R, tap L & shake shldrs); backing twd COH bk R, L,R, tap L (W fwd twd ptr COH L, R, L,tap R) jn lead hnds;

PART A (1-8)

1-8 CURLY WHIP;;; SWING BASICS;;; ARM SLIDE;;;HIP RKS DOWN & UP;;;

1-8 REPEAT MEAS 1-8 PART A;;;;

BRIDGE

1-3 2 Q CUCARACHAS; MERENGUE BASIC; PROMENADE;

- 1 [2 Q CUCARACHAS] rk sd L, rec R/cl L, rk sd R, rec L/cl R;
- 2 [MERENGUE BASIC] REPEAT MEAS 13 PART A;
- 3 [PROMENADE] REPEAT MEAS 14 PART A;

REPEAT PART B
REPEAT PART A (1-8)
REPEAT BRIDGE

END

1-12 CIRCLE AWAY & TOG;; ARM SLIDE;; HIP RKS DOWN & UP;; WRAP
AROUND;;; MERENGUE BASIC; BK AWAY 4 & PNT AT PTR;

1-2 [CIRCLE AWAY & TOG] trng away from ptr moving CCW (W CW) fwd L, fwd R, fwd L, fwd R; trng bk twd ptr still moving CCW (W CW) fwd L, fwd R, fwd L, fwd R;

3-11 REPEAT MEAS 5-13 PART A;;;;;;;

12 moving away from ptr bk L, bk R, bk L, bk R (moving away from ptr bk R, bk L, bk R, bk L) pnt index finger lead hand at ptr;

QUICK CUES

INTRO

WAIT 2 MEAS;;

PART A

CURLY WHIP;; SWING BASICS;; ARM SLIDE;; HIP RKS DOWN & UP;;
WRAP AROUND;;; MERENGUE BASIC; PROMKENADE;

PART B

SANKE;;; SIDE SEPARATION;;; RK & WRAP WHEEL UNWRAP;;
CONGA WLKS L & R;; CONGA WLKS FWD & BK;;

PART A (1-8)

CURLY WHIP;; SWING BASICS;; ARM SLIDE;; HIP RKS DOWN & UP;;

BRIDGE

2 Q CUCARACHAS; MERENGUE BASIC; PROMENADE;

PART B

SNAKE;; SIDE SEPARATION;;; RK & WRAP WHEEL UNWRAP;;
CONGA WLKS L & R;; CONGA WLKS FWD & BK;;

PART A (1-8)

CURLY WHIP;; SWING BASICS;; ARM SLIDE;; HIP RKS DOWN & UP;;

BRIDGE

2 Q CUCARACHAS; MERENGUE BASIC; PROMENADE;

END

CIRC AWAY & TOG;; ARM SLIDE;; HIP RKS DOWN & UP;; WRAP AROUND;;;
MERENGUE BASIC; BK AWAY 4 & PNT AT PTR;