

# Quitter (放棄愛你) (zh)

COPPER KNOB  
STEPSHEETS

Count: 64

Wand: 4

Ebene: Beginner

Choreograf/in: Maggie Gallagher (UK) - 2010年02月

Musik: Quitter - Carrie Underwood : (CD: Play On 09)



前奏 : Intro: 32 counts (12 secs) (Dance moves ACW)

**第一段 Side Right, Touch, Side Left, Together, Back, Hold, Rock Back, Recover** 右踏, 併點, 左點, 併踏, 後, 候, 後下沉, 回復

1,2 Step right to right side, Touch Left beside right [12.00]  
右足右踏, 左足併點(面向12點鐘)

3,4 Step left to left side, Step right beside left  
左足左踏, 右足併踏

5,6 Step back on left, HOLD 左足後踏, 候

7,8 Rock back on right, Recover onto left [12.00]  
右足後下沉, 左足回復(面向12點鐘)

**第二段 Right Lock Step, Hold, Step, 1/2 Pivot, Step, Hold**  
前鎖步, 候, 踏轉踏, 候

1-3 Step forward on right, Cross lock left behind right, Step forward on right 右足前踏, 左足於右足後交叉鎖踏, 右足前踏

4 HOLD 候

5-7 Step forward on left, 1/2 pivot turn right, Step forward on left [6.00] 左足前踏, 右軸轉180度, 左足前踏(面向6點鐘)

8 HOLD 候

**第三段 1/2 Turn Left, Hitch, 1/4 Left, Touch, Point. Touch, Point, Back Hook Flick 1/2, 抬, 1/4, 併點, 側點, 併點, 側點, 後勾**

1,2 1/2 turn left stepping back on right, Hitch left knee slightly [12.00] 左轉180度右足後踏, 左膝略抬(面向12點鐘)

3,4 1/4 turn left stepping left to left side, Touch right next to left [9.00] 左轉90度左足左踏, 右足併點(面向9點鐘)

5,6 Point right to right side, Touch right next to left  
右足右點, 右足併點

7,8 Point right to right side, Hook flick right behind  
右足右點, 右足後勾

**第四段 Vine Right, Touch, Vine Left, Scuff** 右華倫, 點, 左華倫, 擦踢

1-4 Step right to right side, Cross left behind right, Step right to right side, Touch left beside right  
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足併點

5-8 Step left to left side, Cross right behind left, Step left to left side, Scuff right forwards  
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足前擦踢

**RESTART: DURING Wall 4 after 32 counts.** 第四面牆跳至此, 從頭起跳

**第五段 Out, Hold, Out, Hold, Hip Bumps R, L, R, Hitch**  
外, 候, 外, 候, 推臀-右, 左, 右, 抬

1,2 Step right out to right side, HOLD 右足右踏, 候

3,4 Step left out to left side, HOLD (Shoulder width apart)  
左足左踏, 候(與肩同寬)

5-8 Bump hips to Right side, Left side, Right side, Transfer weight to left hitching right knee across left  
右足右踏右推臀, 左推臀, 右推臀, 重心移至左足右膝於左足前抬

**第六段 Part Rumba Box Forward, Touch, Part Rumba Box Back, Hold**  
**倫巴方塊, 點, 倫巴方塊, 候**

- 1-4 Step right to right side, Step left beside right, Step forward on right, Touch 右足右踏, 左足併踏, 右足前踏, 左足併點
- 5-8 Step left to left side, Step right beside left, Step back on left, HOLD 左足左踏, 右足併踏, 左足後踏, 候

**第七段 Right Lock Back, Hold, Full Triple Left, Right Toe Brush**  
**右足後鎖步, 候, 小三步轉圈, 趾刷**

- 1-4 Step back on right, Lock left across front of right, Step back on right, HOLD 右足後踏, 左足於右足前交叉鎖踏, 右足後踏, 候
- 5-8 Full Triple turn left on the spot (L, R, L), Brush right toe forward [9.00] 小三步原地左轉圈-左, 右, 左, 右足趾前刷步

Optional Alt. Steps for 5-7: 5-7拍選擇版

- 5-7 (Left coaster) Step back on the left, Step right beside left, Step forward on left (左足海岸步)左足後踏, 右足併踏, 左足前踏

**第八段 Walk, Scuff, Walk, Scuff, Side, Touch, Side, Touch**  
**走, 擦踢, 走, 擦踢, 側, 點, 側, 點**

- 1-4 Walk forward on right, Scuff left forward, Walk forward on left, Scuff right forward 右足前走, 左足前擦踢, 左足前走, 右足前擦踢
- 5,6 Step right to right side, Touch left beside right 右足右踏, 左足併點
- 7,8 Step left to left side, Touch right beside left. [9.00] 左足左踏, 右足併點(面向9點鐘)
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