

Quarantine

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Priska Staud (CH) & Fabian Müller (CH) - June 2021

Music: Quarantine - Mat Best & Tim Montana



*1 Restart, 1 Break with Restart

Sect 1: SIDE, SLIDE, STEP, LOCK STEP, SIDE, SLIDE, ROCK FORWARD, RECOVER

- 1 - 2 Step side R - Slide L next to R
- 3 - 4 Step forward L - Lock R behind L
- 5 - 6 Step side L - Slide R next to L
- 7 - 8 Rock forward R - Recover L

Sect 2: STEP BACK, HOLD, COASTER STEP, HOLD, STEP, HOLD

- 1 - 2 Step back R - Hold
- 3 - 4 Step back L - Step R next to L
- 5 - 6 Step forward L - Hold
- 7 - 8 Step forward R - Hold

Sect 3: STEP ½ TURN, STEP, HOLD, FULL TURN, STEP, HOLD

- 1 - 2 Step forward L - ½ Turn right, weight on R
- 3 - 4 Step forward L - Hold
- 5 - 6 ½ Turn left & step back R - ½ Turn left & step forward L
- 7 - 8 Step forward R - Hold

Sect 4: 2X KICK, BEHIND, SIDE CROSS, HOOK, STEP BACK, LOCK STEP

- 1 - 2 2 x Kick forward L
- 3 - 4 Cross L behind R - Step side R
- 5 - 6 Cross L in front of R - Hook R behind L
- 7 - 8 Step back R - Lock L in front of R

Restart in 3rd wall after 32 counts

Break in 7th wall after 32 counts. Turn back to front wall and start over with the dance.

Sect 5: SLIDE, CLOSE, STEP BACK, LOCK STEP, SLIDE, CLOSE, KICK, STEP BACK

- 1 - 2 Step side R - Slide L next to R
- 3 - 4 Step back L - Lock R in front of L
- 5 - 6 Step side L - Slide R next to L
- 7 - 8 Kick forward R - Step back R

Sect 6: KICK, STEP BACK, KICK, HOOK, LOCK STEP FORWARD, HOLD

- 1 - 2 Kick forward L - Step back L
- 3 - 4 Kick forward R - Hook R in front of L
- 5 - 6 Step forward R - Lock L behind R
- 7 - 8 Step forward R - Hold

Sect 7: ROCK FORWARD, RECOVER, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, HOLD

- 1 - 2 Rock forward L - Recover R
- 3 - 4 Rock side L - Recover R
- 5 - 6 Cross L behind R - Step side R
- 7 - 8 Cross L in front of R - Hold

Sect 8: POINT, HEEL, HOOK, HEEL, FLICK & SLAP, SCUFF, STEP, LOCK STEP

- 1 - 2 Point to side R - Heel forward R

- 3 - 4 Hook R in front of L - Heel forward R
- 5 - 6 Flick R back & Slap with right hand - Scuff R next to L
- 7 - 8 Step forward R - Lock L behind R

heavymetalcowboy.ch
fabian.langnau@bluewin.ch
