

Four Quarters

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Deb Crew (CAN), Valerie Patricia Keller (CAN), Raymond Joseph Turcotte (CAN)
& Lynn Warden (CAN)

Musique: 1000 Miles From Nowhere - Dwight Yoakam



Dedicated to The Four Tops, The Four Seasons, The Fab Four and The Four Major Food Groups

FORWARD SHUFFLE, ROCK-STEP, ½ TURNING SHUFFLE, STEP FORWARD, ½ TURN

After first time through the dance, each time thereafter, start the dance by ¼ turning to the right as you shuffle forward, thus making this a four-wall dance

- 1&2 Shuffle forward: right, left, right
- 3-4 Rock forward on left foot, step back in place on right foot
- 5&6 ½ turning shuffle, turning left: left, right, left
- 7-8 Step forward on right foot, step ½ turn left onto left foot

TRAVELING KICK-BALL-CHANGES, TRAVELING PENDULUMS, HOLD

- 1&2 Kick right foot forward, step ball of right foot in place, step forward on left foot
- 3&4 Kick right foot forward, step ball of right foot in place, step forward on left foot
- 5&6 Point right toes to right side, step back on ball of right foot, point left toes to left side
- &7 Quickly step back on ball of left foot, point right toes to right side
- 8 Hold for one beat

SAILOR SHUFFLES, ROCK-STEP, KICK-STEP-CROSS

- 1&2 Cross and step right foot behind left foot, step side left on left foot, step right foot in place
- 3&4 Cross and step left foot behind right foot, step side right on right foot, step left foot in place
- 5-6 Rock back onto right foot, step forward in place on left foot
- 7&8 Kick the right foot forward, step ball of right foot home, cross and step left foot over right foot

MAMBO STEPS IN PLACE

- 1&2 Rock side right onto right foot, rock side left onto left foot, step right beside left
- 3&4 Rock side left onto left foot, rock side right onto right foot, step left beside right
- 5&6 Rock forward onto right foot, step left foot in place, step right foot beside left foot
- 7&8 Rock back onto left foot, step right foot in place, step left foot beside right foot

REPEAT
