

Quickly

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dee Musk (UK) - November 2014
音乐: Quickly - John Legend : (Album: Evolver - iTunes)



#24 Count Intro – Approx 14 seconds – Track approx 3 mins 45 secs

Walk, Walk, Ball ¼ Turn L Cross, ¼ Turn R, Forward Mambo, Touch Back ¼ Turn R.

1,2&3 Walk R, walk L, step R beside L, make a ¼ turn L crossing L over R.
4 Make a ¼ turn R stepping forward on R (12 o'clock).
5&6 Rock forward on L, recover weight to R, step back on L.
7,8 Touch R toe back, make a ¼ turn R, weight on R. (3 o'clock).

Cross Side, Sailor ½ Turn L Cross, ¼ Turn R, ½ Turn R, Sailor ¼ Turn R Cross & Cross.

1,2 Cross L over R, step R to R side.
3&4 Step L behind R, make a ½ turn L stepping R to R side, cross L over R.
5,6 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L (6 o'clock).
7&8 Step R behind L, make a ¼ turn R stepping L to L side, cross R over L.
&1 Step L to L side, cross R over L. □ (9 o'clock).

Unwind ½ Turn L, Twist ¼ Turn R, Back Touch, Back Touch, Out Out, Ball Step, R Lock Step Forward.

2,3 Unwind ½ turn L weight on R, twist a ¼ turn R weight back on L.
&4 Step back on R, touch L beside R.
&5 Step back on L, touch R beside L.
&6 Step R out to R side, step L out to L side.
&7 Step R beside L, step forward on L.
8&1 Step forward on R, lock L behind R, step forward on R. □ (6 o'clock).

Step, Anchor Step, ½ Turn L, Step 1/2 Turn R, ¼ Turn R, Side Close.

2 Step forward on L.
3&4 Step right behind left and rock back, recover weight to left, rock back on right.
5 Make a ½ turn L stepping forward on L (12 o'clock).
6,7 Step forward on R make a ½ turn R stepping back on L. (6 o'clock).
8& Make a ¼ turn R stepping R to R side, close L beside R. □ (9 o'clock).

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