

# Quicksand

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Francien Sittrop (NL) - April 2015  
音乐: Quicksand - Caro Emerald



## Intro: Start after 16 Counts

### [1 – 8] □ Side, Rock Back, Recover, Kick Ball Cross, Side, Behind, Side, Cross

1 – 3      Step L to L side, Rock R back, Recover on L  
4 & 5      Kick R fwd, Step R down, Step L across R  
6          Step R to R side  
7 & 8      Step L behind R, Step R to R side, Step L across R

### [9-16] □ Rock Back, Recover, Behind, ¼ Turn L, Step fwd, Rock fwd, Recover, Coaster Cross

1 – 2      Rock R to R side, Recover on L  
3 & 4      Step R behind L, ¼ Turn L step L fwd, Step R fwd (09.00)  
5 – 6      Rock L fwd, Recover on R  
7 & 8      Step L back, Step R next to L, Step L across R

### [17-24] □ Side, Together, Side Shuffle, Cross Rock, Recover, Shuffle ¼ Turn L

1 – 2      Step R to R side, Step L next to R  
3 & 4      Step R to R side, Step L next to R, Step R to R side  
5 – 6      Rock L across R, Recover on R  
7 & 8      L step L fwd, Step R next to L, ¼ Turn Step L fwd (06.00)

### [25-32] □ Shuffle ½ Turn L x2, Rock fwd, Recover, Coaster Cross

1 & 2      ¼ Turn L step R to R side, Step L next to R, ¼ Turn L step R back  
3 & 4      ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd (06.00)  
5 – 6      Rock R fwd, Recover on L  
7 & 8      Step R back, Step L next to R, Step R across L

### [33-40] □ Back, Heel fwd, Hold, Ball Cross, Side, Sailor step ¼ Turn L, Skates R-L

& 1      Step L back, Touch R heel fwd  
2          Hold (while you lean your body diagonally L back)  
&3-4      Step R next to L, Step L across R, Step R to R side  
5 & 6      Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd (03.00)  
7 – 8      Skate R fwd, Skate L fwd

### [41-48] □ Syncopated Jazz Box ¼ Turn R, Behind, Side, Cross, ¼ Turn R, Touch

1-2&      Step R across L, ¼ Turn R step L back, Step R next to L (06.00)  
3 – 4      Step L across R, Step R to R side  
5 & 6      Step L behind R, Step R to R side, Step L across R  
7 – 8      ¼ Turn R step R fwd, Touch L behind R (09.00) \*\*R\*\*

### [49-56] □ Lock steps back x2, Full Turn L with 2 walks and Shuffle

1 & 2      Step L back, Lock R in front of L, Step L back  
3 & 4      Step R back, Lock L in front of R, Step R back  
5 – 6      ¼ Turn L step L to L side, ¼ Turn L step R fwd  
7 & 8      ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd (09.00)

### [57-64] □ Rock fwd, Recover, Rock Side, Recover, Behind, Side, Cross, Touch, Flick

1 – 2      Rock R fwd, Recover on L  
3 – 4      Rock R to R side, Recover on L

5 & 6            Step R behind L, Step L to L side, Step R across L  
7 – 8            Touch L to L side, Flick L behind R

**Restart : During wall 2 & 4 after count 48 Start again with count 1**

**Tag : after wall 5**

1 – 8            Side, Rock back, Recover x2 ,Touch , Flick  
1 – 3            Step L to L side, Rock R back, Recover on L  
4 – 6            Step R to R side, Rock L back, Recover on R  
7 – 8            Touch L to L side, Flick L behind R

**Ending: Last Wall starts on the back. Dance until count 44 (Syncopated Jazzbox).**

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