

# Quicksand

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Jamie Marshall (USA) - November 2015  
音乐: Quicksand - Rachele Lynae



Artist site: [www.rachelelynae.com](http://www.rachelelynae.com)

## #16 Count Intro - Restart Wall 3, After First 8 Counts

### A. TAP, TAP, STEP, DRAG, CROSS, CROSS, SIDE, ROCKS

1&2      Tap R to R (1), Tap R to R (&), Long step R to R, dragging L towards R (2)  
3&4      Cross L behind R (3), Cross R over L (&), Step L to L (4)  
5&6&      Rock R back (5), Recover onto L (&), Rock R to R (6), Recover onto L (&)  
7&8&      Rock R forward (7), Recover onto L (&), Rock R back (8), Recover onto L (&) (12:00)

**\*\*Restart on Wall 3 After First 8 Counts (12:00)**

### B. STEP, ¼ PIVOT L, QUICK STEP TOGETHERS, CROSS, ¼ R, R COASTER

1,2      Step R forward (1), Pivot ¼ L, stepping L in place (2) (9:00)  
&3&4      Quick step R next to L (&), Step L to L (3), Quick step R next to L (&), Step L to L (4)  
5,6      Cross R over L (5), Turn ¼ R, stepping L back (6)  
7&8      Step R back (7), Step L next to R (&), Step R forward (8) (12:00)

### C. DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH, DRAG, OUT, OUT, IN, IN

1,2      Step L diagonally forward L (1), Touch R next to L, bumping hips to R (2)  
3,4      Step R diagonally forward R (3), Touch L next to R, bumping hips to L (4)  
5,6      Drag L to L, bending R knee to lower body (5), Drag L next to R, taking weight on L (6)  
(12:00)  
&7&8      Quick step R to R (&), Quick step L to L (7), Quick step R to center (&), Quick step L next to R (8)

### D. STEP R FORWARD, PIVOT ½ L KEEPING WEIGHT ON R, KICK-BALL-TOUCH, FUNKY APPLEJACKS\*\* (OPTIONS FOR BEGINNERS)

1,2      Step R forward (1), Pivot ½ L, keeping weight on R (Styling: bump hips to R as to sit) (2)  
(6:00)  
3&4      Kick L forward (3), Step L next to R (&), Touch R next to L (4)  
5      Press R heel to floor (taking weight) as fan L toe to L (5)  
&6      Touch L toe to instep of R (&), Press L heel to floor (taking weight), fanning R toe to R (6)  
&7      Touch R toe to instep of L (&), Press R heel to floor (taking weight), fanning L toe to L (7)  
&8      Touch L toe to instep of R (&), Press L heel to floor (taking weight), fanning R toe to R (8),  
&      Touch R toe to instep of L (&)

**\*\*Beginner options for Counts 5-8&:**

#### SAME AS SECTION A

5&6&      Rock R back (5), Recover onto L (&), Rock R to R (6), Recover onto L (&)  
7&8&      Rock R forward (7), Recover onto L (&), Rock R back (8), Recover onto L (&) (12:00)

#### OR SIMPLE TOE SWITCHES

5&6&      Touch R toe forward (5), Step R next to L (&), Touch L toe forward (6), Step L next to R (&)  
7&8&      Touch R toe forward (7), Step R next to L (&), Touch L toe forward (8), Step L next to R (&)

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