

Quicksand

COPPERKNOB
BY SHEETS

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

#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 (&)

Contact: thejamiemarshall@att.net