

Quit You Cha

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Quit You - Anderson East : (CD: Delilah 2015)



Introduction: 16 counts, start on approx; 09 sec.

S1: Side, Rock Back/Recover, Triple R, Cross Rock/Recover With Sweep, 1/4 Turn L, Sailor L

1-2-3 Lf step left, Rf rock back, recover onto Lf.
4&5 Rf step right, Lf step together (&), Rf step right.
6-7 Lf cross rock in front of Rf, recover onto Rf sweeping Lf from front to back making 1/4 turn left. (9.00)
8&1 Lf cross behind Rf, Rf step right (&), Lf step left.

S2: Hips R/L, Triple R, Cuban Breaks (2X)

2-3 hips right, hips left.
4&5 Rf step right, Lf step together (&), Rf step right.
6&7& Lf cross rock in front of Rf, recover onto Rf (&), Lf rock step back in diagonal, recover onto Rf (&)
8&1 Lf cross rock in front of Rf, recover onto Rf (&), Lf step back in diagonal.

S3: Behind, 1/4 Turn L , Step Forward, Triple Forward L, Step Forward/Recover With Hip Roll R, Triple Forward R

2&3 Rf cross behind Lf, make 1/4 turn left stepping Lf forward (&), Rf step forward. (6.00)
4&5 Lf step forward, Rf lock behind Lf (&), Lf step forward.
6-7 Rf step forward rolling hips forward, recovery onto Lf rolling hips back.
8&1 Rf step forward, Lf lock behind Rf (&) , Rf step forward.

S4: Rock/Recover, Coaster L, Mambo With 1/4 Turn L, Triple L

2-3 Lf rock forward, recover onto Rf.
4&5 Lf step back, Rf step together (&), Lf step forward.
6&7 Rf step forward, make 1/4 turn left stepping Lf left (&), Rf cross in front of Lf. (3.00)
8&1 Lf step left, Rf step together (&), Lf step left.

(*NB from this point Restart the dance in wall 2 and 5).

S5: Time Step L/R, Behind, 1/4 Turn L , Step Forward, Triple Forward L In Circle

2&3 Rf step together, Lf step together (&), Rf step right
4&5 Lf step together, Rf step together (&), Lf step left
6&7 Rf cross behind Lf, make 1/4 turn left stepping Lf forward (&), Rf step forward (12.00)
8&1 Lf step forward, Rf lock behind Lf (&), Lf step forward (10.30)

S6: Wall R/L, Triple R In Circle, Cross Rock/Recover, Triple L (Into Start)

2-3 Rf step forward (7.30), Lf step forward (4.30)
4&5 Rf step forward, Lf lock behind Rf (&), Rf step forward . (3.00)
6-7 Lf cross rock in front of Rf, recover onto Rf.
8& Lf step left, Rf step together (&).

REPEAT DANCE AND HAVE FUN!!

(2 Restarts at 6 o`clock and 3 o`clock).

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