

4.20

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Luke Watson (AUS) - February 2019
音乐: Whole Lotta Quit - Randy Houser : (Album: Magnolia - 4:25)



Dance starts approximately 14 seconds into track after 16 beats when the main beat starts in. CCW Direction

[1-8] Rock, Recover, Coaster, Duck Walk Fwd x2, 1/4 Turn Cross Shuffle

1 2 3&4 Rock fwd onto R, Rock back onto L, Step back on R, Step L beside R, Step fwd on R (Coaster)
5 6 Step fwd on L with Left Foot facing L45°, Twisting L Heel to L Step fwd on R with R foot facing R45°
7& While Twisting R heel to R45° make ¼ turn L crossing L in front of R, Step R to R side (&)
8 Cross L in front of R (9.00)

[9-16] Step Side, Rock Back, Recover Step, Side, ½ Turn, Cross, Touch R, Ball Cross, Touch R

&1 2 Step R to R side (&), Step/ Rock L behind R, Recover weight fwd onto R
3 4 5 6 Step L to L, Making ½ turn R step R to R side (3.00), Cross L in front of R, Point R to R side
&7 8 Step R beside L, (&), Cross L in front of R, Point R to R side

[17-24] ½ Turn Step Down, Point, ¼ Turn Step Down, Point, Cross, Step Back, Syncopated Touches

1 2 Making ½ turn R on ball of L step R beside L, Point L to L (9.00)
3 4 Making ¼ turn L on ball of R Step L beside R, Point R to R (6.00)
5 6&7&8 Cross R in front of L, Step back on L, Step R to R (&) Touch L beside R, Step L to L (&), Touch R beside L

[25-32] Step Side, Cross Behind, Hold, Step Side, Cross Rock, Recover ,Step 1/4 Turn L, Syncopated paddle Turns L x3 CCW

&1 2 Step R to R Side (&), Cross L behind R, Hold
&3 4 Step R to R side, Cross Step/Rock L in front of R, Recover weight back onto R
5 Making ¼ turn L Step fwd onto L (3.00)
&6&7 Step fwd on R (&), Make ¼ turn L, (12.00), Step fwd on R (&), Make ¼ turn L (9.00)
&8 Step fwd on R (&), Make ¼ turn L (6.00)

[33-40] Step Fwd, Anchor Step Fwd, Step Half Turn, Shuffle Half Turn, Shuffle Half Turn

1 2&3 Step fwd onto R, Step/Lock L behind R foot, Step R in place (&), Step back onto L
4 Making ½ turn R Step fwd onto R (12.00)
5&6 Making ½ turn R, Step back L, Step R beside L (&), Step back on L (Half Turn Shuffle) (6.00)
7&8 Making ½ turn R Step fwd onto R, Step L beside R, Step fwd on R (Half Turn Shuffle) (12.00)

[41-48] Step Side ¼ Turn, Touch, ¼ Turn Step, Fwd Hitch, Step Side ¼ Turn, Touch, ¼ Turn, Step Fwd Hitch

1 2 Step fwd onto L making ¼ turn R (3.00), Touch R to R side
3 4 Making ¼ turn R step fwd onto R (6.00), Hitch L knee
5 6 Step fwd onto L making ¼ turn R (9.00), Touch R to R side
7 8 Making ¼ turn R step fwd onto R (12.00), Hitch L knee

[49-56] Step Fwd, Touch, Shuffle Back, Shuffle Half Turn, Shuffle Half Turn

1 2 3&4 Step fwd onto L, Touch R toe behind left, Step back onto R, Step L beside R, Step back onto R (Shuffle)
5&6 Making ½ turn L step fwd onto L, Step R beside L, Step fwd onto L (6.00)
7&8 Making ½ turn L Step back onto R, Step L beside R, Step back onto R (12.00)

[57-64] Syncopated Touch, Hold, Syncopated Touch, Hold, Heel Switches, Step Pivot Half Turn

&1 2 Step back onto L (&), Touch R beside L, Hold
&3 4 Step back onto R (&), Touch L beside R, Hold
&5&6 Step L beside R (&), Place R heel in front, Step R beside L (&), Place L heel in front
&7 Step L beside R (&), Step fwd onto R
8 Make ½ turn L on balls of both feet (pivot) and finish with weight fwd on L

Tag: End of Wall 1 and Wall 3 Add an Additional 4 Counts – Jazz Square

1 2 3 4 Cross R in front of L, Step back onto L, Step R to R side, Step L together

Pause: During Wall 6 dance up to count 60 (finish the Back Touch Holds), Place weight onto L foot, Look at right wrist pretending to look at your watch, Hold approx. 4 counts until the beat comes back and Restart the dance facing 6.00.

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