

# Quarantine

拍数: 92      墙数: 1      级数: Phrased Intermediate  
编舞者: Manuela Di Clemente (IT) - April 2020  
音乐: Tough Guys - Caroline Jones



## START DANCING ON LYRICS

### PART A: 32 counts

#### #1A - SHUFFLE FWD TWICE- STEP FWD- PIVOT-FULL TURN-LONG STEP STOMP

1&2            Step Fwd R -Step L Next To R- Step Fwd R  
3&4            Step Fwd L -Step R Next To L- Step Fwd L  
5-6            Step Fwd R- Recover L- Full Turn L  
7-8            Long Step Back L- Slide Back R Beside L - Stomp R Beside L

### REPEAT THE 8 COUNTS 1A

#### #2A- ROCK STEP-FLICK-ROCK STEP BACK HOOK- ROCK STEP-1/2 TURN- ROCK STEP-ROCK STEP BACK-COASTER STEP-STOMP

1-2            Rock Step Fwd R-Flick L- Recover To L- Hook R  
3-4            Rock Step Fwd R-Recover To L- 1/2 Turn R-Rock Step R-Recover To L  
5              Step Back R  
6&7            Step Back L, R Nex To L - Step Fwd L  
8              Stomp R

### REPEAT THE 8 COUNTS 2A

### PART B: 28 counts

#### #1B- SIDE ROCK CROSS R-SIDE ROCK CROSS L- 1/4 TURN-STEP STOMP UP TWICE-1/4 TURN STEP STOMP UP TWICE

1&2            Rock Step R To R Side- Stomp Up-Recover To L- Cross R Over L  
3&4            Rock Step L To L Side-Stomp Up-Recover To R- Cross L Over R  
&5&6           1/4 Turn L E Step R To R -Stomp Up L -Step L To L -Stomp Up R  
&7&8           1/4 Turn L E Step R To R -Stomp Up L -Step L To L -Stomp Up R

### #2B - REPEAT - THE 8 COUNTS 1B

#### #3B- MODIFIED RUMBA BOX-MAMBO FWD-COASTER STEP

1&2            R Step To R-L Nex To R- Step Fwd R  
3&4            L Step To L-R Nex To L- Step Fwd L  
5&6            Rock Fwd R-Recover On L- Step Back R  
7&8            Step Back L-R Nex To L- Step Fwd L

### #4B: HOLD X 4

### PART C

#### #1C- JUMPING CROSSED ROCKIN' CHAIR TWICE DIAGONALLY L- CROSSED ROCKING CHAIR DIAGONALLY R

1&2&           Jumping Crossed Rock Step Diagonally R Over L -Recover L-Rock Step R Diagonally Back-Recover L  
3&4&           Jumping Crossed Rock Step Diagonally R Over L -Recover L-Rock Step R Diagonally Back-Recover To The Center  
5&6&           Jumping Crossed Rock Step Diagonally L Over R-Recover R- Rock Step L Diagonally Back-Recover R

7&8            Jumping Crossed Rock Step Diagonally L Over R-Recover R- Rock Step L Diagonally Back-  
Recover To The Center

**#2C- 1/2 TURN -ROCK BACK-FULL TURN-LONG STEP -STOMP X3**

1&2&            Step Fwd L -1/2 Turn L-Pivot R-Rock Back L  
3&4            Step Fwd R-Full Turn Towards R With Both Feet  
5-6            Long Step Back R-Slide Back L Beside-Stomp L Beside R  
7-8            Stomp L-Stomp R

**REPEAT THE 16 COUNTS 1-C E 2C**

**TAG**

**#1T- GRAPEVINE HEEL JACK R -GRAPEVINE HEEL JACK L**

1-2            Step R Side R-Cross L Behind R  
&3            Step R Slightly Back-Touch L Hell Fwd  
&4            Step L Together-Cross R Over L  
5-6            Step L Side L-Cross R Behind L  
&7            Step L Slightly Back-Touch R Hell Fwd  
&8            Step R Together-Cross L Over R

**#2T MODIFIED RUMBA BOX-MAMBO FWD-COASTER STEP**

1&2            R Step To R-L Nex To R- Step Fwd R  
3&4            L Step To L-R Nex To L- Step Fwd L  
5&6            Rock Fwd R-Recover On L- Step Back R  
7&8            Step Back L-R Nex To L- Step Fwd L

**#3T MODIFIED RUMBA BOX**

1&2            R Step To R-L Nex To R- Step Fwd R  
3&4            L Step To L-R Nex To L- Step Fwd L

**SEQUENCE**

**A-B-C-TAG**

**A-B-C-TAG**

**A-C**

---