

Quarantine

拍数: 92 墙数: 1 级数: Phrased Intermediate
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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
