

Quittin' Ain't Workin'

拍数: 64 墙数: 0 级数: Novice (Partner)
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音乐: Quittin' Ain't Workin' - Larry Fleet



Starting Position – Side By Side (Without Holding Hands) L.O.D
The steps of the man and the woman are opposite, unless indicated
1 Restart

[1-8] M : Hold X 8
L : Walk X 3, Hold, Step Pivot ½ Turn L , Step Frwd, Hold
1-2 L : LF Forward – RF Forward
3-4 L: LF Forward - Hold
5-6 L : RF Forward Pivot ½ turn to L – LF Forward
7-8 L : RF Forward – Hold

Ladies Position R.L.O.D

[9-16] M : Walk X 3, Hold, Step Pivot ½ Turn R, Step Frwd, Hold
L : Hold X 8
1-2 M: RF Forward – LF Forward
3-4 M : RF Forward - Hold
5-6 M : LF Forward Pivot ½ turn to R – RF Forward
7-8 M : LF Forward – Hold

On the count 8 take the men's left hand and the ladies right hand
Reverse Position Promenade R.L.O.D

[17-24] M: Step Frwd ¼ Turn L , Weave R , Side Rock , Recover , Cross Over LF
L: Step Frwd ¼ Turn R , Weave L , Side Rock , Recover , Cross Over RF
1-2 M: RF Forward ¼ turn to L – Cross LF behind RF
L : LF Forward ¼ turn to R – Cross RF behind LF
On the count 1 Double Hand Hold Position, men's O.L.O.D
3-4 M : RF to R – Cross LF over RF
L : LF to L – Cross RF over LF
5-6 M : RF to R – Recover LF
L : LF to L – Recover RF
7-8 M : Cross RF over LF - Hold
L: Cross LF over RF - Hold

[25-32] M: Rock Back , Recover , Heel Frwd , Hook , ¼ Turn L Step , Lock , Step , Scuff
L: Rock Back , Recover , Heel Frwd , Hook , ¼ Turn R Step , Lock , Step , Scuff
1-2 M : LF back – Recover RF
L : RF back – Recover LF
3-4 M : L heel Forward – Hook over RF
L : R heel Forward – Hook over LF
5-6 M : LF to L ¼ turn to L – RF Lock behind LF
L : RF to R ¼ turn to R – LF Lock behind RF
On the count 5, let go of men's left hand and the ladies right hand, Promenade Position L.O.D
7-8 M : LF Forward – RF Scuff
L : RF Forward – LF Scuff

[33-40] M: Step , Lock , Step , Scuff , ¼ R Weave
L: Step , Lock , Step , Scuff , ¼ L Weave
1-2 M : RF Forward – LF Lock behind RF
L : LF Forward – RF Lock behind LF

3-4 M : RF Forward – LF Scuff
L : LF Forward – RF Scuff
5-6 M : LF Forward ¼ turn to R – Cross RF behind LF
L : RF Forward ¼ turn to L – Cross LF behind RF
On the count 5, Take Back Double Hand Hold, man O.L.O.D
7-8 M : LF to L - Cross RF over LF
L : RF to R - Cross LF over RF

[41-48] M: Step Back ¼ Turn L , Touch RF , Side Step R ¼ Turn R , Touch LF , Side Step LF to L , Together , Side Step LF to L ¼ Turn L , Hold

L: Step Back ¼ Turn R , Touch LF , Side Step L ¼ Turn L , Touch RF , Side RF to R , Together , Side Step RF to R ¼ Turn R , Hold

1-2 M : LF back ¼ turn to L - RF touch next LF

L : RF back ¼ turn to R - LF touch next RF

On the count 1 let go of men's left hand and the ladies right hand

3-4 M : RF to R ¼ turn to R – LF touch next RF

L : LF to L ¼ turn to L – RF touch next LF

On the count 3 Take Back Double Hand Hold, man O.L.O.D

5-6 M : LF to L - RF next LF

L : RF to R – LF next RF

7-8 M : LF to L ¼ turn to L - Hold

L : RF to R ¼ turn to R – Hold

On the count 7 let go of men's left hand and the ladies right hand Promenade Position L.O.D

Restart at this point of the dance

[49-56] M: Step Pivot ½ Turn L , Step RF Frwd , Hold , Step Pivot ½ Turn R , Step LF Frwd , Hold

L: Step Pivot ½ Turn R , Step LF Frwd , Hold , Step Pivot ½ Turn L , Step RF Frwd , Hold

1-2 M : RF Forward Pivot ½ turn to L – LF Forward

L : LF Forward Pivot ½ turn to R – RF Forward

3-4 M : RF Forward - Hold

L : LF Forward – Hold

Reverse Promenade Position R.L.O.D

5-6 M : LF Forward ½ turn to R – RF Forward

L : RF Forward ½ turn to L – LF Forward

7-8 M : LF Forward - Hold

L : RF Forward – Hold

Promenade Position L.O.D

[57-64] M: Toe Strut RF , Toe Strut LF , Rockin Chair

L: Toe Strut LF , Toe Strut RF , Rockin Chair

1-2 M : Touch R toe Forward – Step R in place

L : Touch L toe Forward – Step L in place

3-4 M : Touch L toe Forward – Step L in place

L : Touch R toe Forward – Step R in place

5-6 M : RF Forward – Recover LF

L : LF Forward – Recover RF

7-8 M : RF back – Recover LF

L : LF back – Recover RF

Take Back Starting Position

Restart : At the Fifth routine, after 48 counts, start the dance from the beginning...
