

# Quicksand

拍数: 32      墙数: 0      级数: Improver  
编舞者: Pat Stott (UK) - September 2024  
音乐: Quicksand (feat. Rianne Downey) - Paul Heaton



## Intro: 16c

### Side, close, forward, hold, side, close, side, hold

- 1-4.            Right to right, close left to right, right forward, hold  
5-8.            Left to left, close right to left, left to left, hold

### Back, recover, extended vine right

- 1-2            rock back on right, recover on left  
3-8.            Right to right, left behind, right to right, Left over right, right to right, cross left behind right  
(extended vine)

### Side, rock, cross, hold & clap, turn 1/4 right stepping back on left, right to right, cross left over right, hold & clap

- 1-4.            Rock right to right, recover on left, cross right over left, hold & clap  
5-8.            Turn 1/4 right stepping back on left, right to right, cross left over right, hold & clap

### Side, rock, behind, side, rock, behind, side, rock.

- 1-3.            Rock right to right, recover on left, cross right behind left  
4-6.            Rock left to left, recover on right, cross left behind right  
7-8.            Rock right to right, recover onto left

### Tag 1 (4 counts)

- 1-4.            Rock hips - stepping to right, left, right, left

### Tag 2 (12 counts)

- 1-8.            Rumba box ; right to right, close left to right, right forward, hold, left to left, close right to left,  
back on left, hold  
9-12.           Rock hips - stepping to right, left, right, left (tag 1)

### Sequence

- 32, 32,            (tag1), 32, (tag 1), 32, (tag 2)  
32, 32,            (tag 1), 32 (tag 1), 32, (tag 2)  
32, 32,            (tag 1), 32, (tag 1), 31 ending with stomps - left, right (beats 30 & 31)

### Choreographers note:

Tags are easy to hear and the 12 count tags are both facing 12 o'clock

Finishes at 12 o'clock on beats 30, 31 (stomp on left, stomp on right)

Tahdah!

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