

# Q Time

拍数: 32      墙数: 4      级数: Improver  
编舞者: Lois Lightfoot (UK)  
音乐: The Quittin' Kind - Joe Diffie



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## HEEL SWITCHES, CLAPS, HEEL SWITCHES CLAPS

1&2      Touch left toe to side, bring left back in place, touch right heel forward  
&3&4      Bring right back in place, touch left heel forward, clap hands twice  
&5&6      Left back in place, touch right toe to side, right back in place, left heel forward  
&7&8      Bring left back in place, touch right heel forward, clap hands twice

## KNEE POPS BACK, SHUFFLE BACK, KNEE POPS BACK, COASTER

9-10      Step right back pop left knee forward, step left back pop right knee forward  
11&12      Step right back, step left to right, step right back  
13-14      Step left back pop right knee forward, step right back pop left knee forward  
15&16      Step left back, step right back step left forward

## STEP LOCK, SHUFFLE, STEP LOCK, SHUFFLE

17-18      Step right foot diagonally forward lock left behind right  
19&20      Step right diagonally forward, step left to right, step right diagonally forward  
21-22      Step left diagonally forward, lock right behind left  
23&24      Step left diagonally forward, step right to left, step left diagonally forward

## MAMBO ¼ TURN, MAMBO ACROSS, ROCK SIDE, CROSS SHUFFLE

25&26      Step right foot forward, make ¼ turn to left, cross right over left  
27&28      Rock left out to side, rock onto right foot, cross left over right  
29-30      Rock right to right side, rock in place on left foot  
31&32      Cross right over left, step left to left side, cross right over left

## REPEAT

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