

Q Time

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



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
