

Quick 'n' Slow

拍数: 26 墙数: 2 级数: Beginner
编舞者: Maggie Marquard (USA)
音乐: One More Last Chance - Vince Gill



WALKING FORWARD, STEPPING BACK WITH ½ TURN

1-2 (QQ) Step right forward; step left forward
3-6 (SS) Step right forward; hold; step left forward; hold
7-8 (QQ) Step right back; step left back (preparing to turn right)
9-12 (SS) Step right back making ½ turn right; hold; step left forward; hold

STEPPING BACK WITH ½ TURN, WALKING FORWARD

13-14 (QQ) Step right back; step left back (preparing to turn right)
15-18 (SS) Step right back making ½ turn right; hold; step left forward; hold
19-20 (QQ) Step right forward; step left forward
21-24 (SS) Step right forward; hold; step left forward; hold

½ TURN, CROSS, SIDE STEP, SIDE STEP, TOGETHER, SIDE STEP

25-26 (QQ) Pivot on left making ½ turn right and step right to right side; step left over right
27-28 (S) Step right to right side; hold
29-30 (QQ) Step left to left side; step right next to left
31-32 (S) Step left to left side; hold

CROSS, CROSS, STEP, SLIDE, CROSS, CROSS, STEP, SLIDE

33-34 (QQ) Cross right over left; cross left over right
35-38 (SS) Step right forward angled right; hold; slide left next to right; hold
39-40 (QQ) Cross left over right; cross right over left
41-44 (SS) Step left forward angled left; hold; slide right next to left; hold

STEP, ½ TURN, STEP, STEP, ½ TURN, STEP

45-46 (QQ) Step right forward; make ½ turn left (weight to left)
47-48 (S) Step right forward; hold
49-50 (QQ) Step left forward; make ½ turn right (weight to right)
51-52 (S) Step left forward; hold

REPEAT