

# Four Quarters

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: 1000 Miles From Nowhere - Dwight Yoakam



Dedicated to The Four Tops, The Four Seasons, The Fab Four and The Four Major Food Groups

## FORWARD SHUFFLE, ROCK-STEP, ½ TURNING SHUFFLE, STEP FORWARD, ½ TURN

After first time through the dance, each time thereafter, start the dance by ¼ turning to the right as you shuffle forward, thus making this a four-wall dance

1&2      Shuffle forward: right, left, right  
3-4      Rock forward on left foot, step back in place on right foot  
5&6      ½ turning shuffle, turning left: left, right, left  
7-8      Step forward on right foot, step ½ turn left onto left foot

## TRAVELING KICK-BALL-CHANGES, TRAVELING PENDULUMS, HOLD

1&2      Kick right foot forward, step ball of right foot in place, step forward on left foot  
3&4      Kick right foot forward, step ball of right foot in place, step forward on left foot  
5&6      Point right toes to right side, step back on ball of right foot, point left toes to left side  
&7      Quickly step back on ball of left foot, point right toes to right side  
8      Hold for one beat

## SAILOR SHUFFLES, ROCK-STEP, KICK-STEP-CROSS

1&2      Cross and step right foot behind left foot, step side left on left foot, step right foot in place  
3&4      Cross and step left foot behind right foot, step side right on right foot, step left foot in place  
5-6      Rock back onto right foot, step forward in place on left foot  
7&8      Kick the right foot forward, step ball of right foot home, cross and step left foot over right foot

## MAMBO STEPS IN PLACE

1&2      Rock side right onto right foot, rock side left onto left foot, step right beside left  
3&4      Rock side left onto left foot, rock side right onto right foot, step left beside right  
5&6      Rock forward onto right foot, step left foot in place, step right foot beside left foot  
7&8      Rock back onto left foot, step right foot in place, step left foot beside right foot

REPEAT