

Quicksand

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - April 2015
音樂: Quicksand - Caro Emerald



Intro: Start after 16 Counts

[1 – 8] □ Side, Rock Back, Recover, Kick Ball Cross, Side, Behind, Side, Cross

1 – 3 Step L to L side, Rock R back, Recover on L
4 & 5 Kick R fwd, Step R down, Step L across R
6 Step R to R side
7 & 8 Step L behind R, Step R to R side, Step L across R

[9-16] □ Rock Back, Recover, Behind, ¼ Turn L, Step fwd, Rock fwd, Recover, Coaster Cross

1 – 2 Rock R to R side, Recover on L
3 & 4 Step R behind L, ¼ Turn L step L fwd, Step R fwd (09.00)
5 – 6 Rock L fwd, Recover on R
7 & 8 Step L back, Step R next to L, Step L across R

[17-24] □ Side, Together, Side Shuffle, Cross Rock, Recover, Shuffle ¼ Turn L

1 – 2 Step R to R side, Step L next to R
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 – 6 Rock L across R, Recover on R
7 & 8 L step L fwd, Step R next to L, ¼ Turn Step L fwd (06.00)

[25-32] □ Shuffle ½ Turn L x2, Rock fwd, Recover, Coaster Cross

1 & 2 ¼ Turn L step R to R side, Step L next to R, ¼ Turn L step R back
3 & 4 ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd (06.00)
5 – 6 Rock R fwd, Recover on L
7 & 8 Step R back, Step L next to R, Step R across L

[33-40] □ Back, Heel fwd, Hold, Ball Cross, Side, Sailor step ¼ Turn L, Skates R-L

& 1 Step L back, Touch R heel fwd
2 Hold (while you lean your body diagonally L back)
&3-4 Step R next to L, Step L across R, Step R to R side
5 & 6 Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd (03.00)
7 – 8 Skate R fwd, Skate L fwd

[41-48] □ Syncopated Jazz Box ¼ Turn R, Behind, Side, Cross, ¼ Turn R, Touch

1-2& Step R across L, ¼ Turn R step L back, Step R next to L (06.00)
3 – 4 Step L across R, Step R to R side
5 & 6 Step L behind R, Step R to R side, Step L across R
7 – 8 ¼ Turn R step R fwd, Touch L behind R (09.00) **R**

[49-56] □ Lock steps back x2, Full Turn L with 2 walks and Shuffle

1 & 2 Step L back, Lock R in front of L, Step L back
3 & 4 Step R back, Lock L in front of R, Step R back
5 – 6 ¼ Turn L step L to L side, ¼ Turn L step R fwd
7 & 8 ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd (09.00)

[57-64] □ Rock fwd, Recover, Rock Side, Recover, Behind, Side, Cross, Touch, Flick

1 – 2 Rock R fwd, Recover on L
3 – 4 Rock R to R side, Recover on L

5 & 6 Step R behind L, Step L to L side, Step R across L
7 – 8 Touch L to L side, Flick L behind R

Restart : During wall 2 & 4 after count 48 Start again with count 1

Tag : after wall 5

1 – 8 Side, Rock back, Recover x2 ,Touch , Flick
1 – 3 Step L to L side, Rock R back, Recover on L
4 – 6 Step R to R side, Rock L back, Recover on R
7 – 8 Touch L to L side, Flick L behind R

Ending: Last Wall starts on the back. Dance until count 44 (Syncopated Jazzbox).

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