

No Quitter

拍數: 80 牆數: 0 級數: Beginner / Improver
編舞者: Huib van der Veen (NL) - January 2017
音樂: I Ain't No Quitter - Shania Twain



Intro : 8 counts

Note; During the 6th wall you dance until count 28, count 4 of the 4th segment but add 4 extra counts.

Rhythm steps before counts 33 until 36, now repeat the counts 17 until 28 and continue with the dance.

Finish At the end of the dance you close with counts 1 to 31, ad ¼ turn right en left foot side before count 32.

[1 - 8] toestruts fwd

1 - 4 RF step on toes front, RF put heel down, LF step on toes front, LF put heel down RF
5 - 8 Step on toes front, RF put heel down, LF step on toes front, LF put heel down.

[9 - 16] walk bk w with claps

1 - 4 RF Step behind, rest and clap, LF step behind, rest and clap.
5 - 8 RF step behind, rest and clap, LF step behind, rest and clap

[17 - 24] side toestrut, cross toestrut

1 - 4 RF step on toes to the side, RF put heel down, LF step on toes crossed over RF, LF put heel down.
5 - 8 RF step on toes to the side, RF put heel down, LF step on toes crossed over RF, LF put heel down.

[25 - 32] rhythm steps, slow chassé ¼ turn right with scuff

1 - 4 RF step to the side, LF toe tap next RF, LF step to the side, RF toe tap next to LF
5 - 8 RF step to the side, LF close by RF, RF step ¼ clockwise front, LF kick with heel on the floor

[33 - 40] pivot turn right, step fwd, scuff diagonal lockstep, step, scuff

1 - 4 LF step front, LF&RF turn ½ clockwise, LF step front, RF kick with heel over the floor.
5 & 6 RF step ⅓ diagonally front, LF step crossed (lock) behind RF
7 & 8 RF Step diagonally front, LF kick with heel over the floor.

[41 - 48] diagonal lockstep, step, stomp-up, traveling toe and heel fan, stomp-up

1 & 2 LF Step ⅓ diagonally front, RF step crossed (locked) behind LF
3 & 4 LF step diagonally front, RF stamp next to LF (weight on LF)
5 & 6 Turn on right heel toes to the right, RF turn on ball of heel to the right.
7 & 8 RF turn on heel toes to the middle, LF stamp next to RF (weight on RF)

[49 - 56] rhthm step, slow chassé ¼ turn left with scuff

1 - 4 LF step to the side, RF toetap next to LF, RF step to the side, LF toetap next to RF
5 - 8 LF step to the side, RF close by LF, LF step ¼ counterclockwise front, RF kick with heel over the floor.

[57 - 64] pivotturn left, step fwd, touch, ½ boxstep, scuff

1 - 4 RF step front, RF&LF turn ½ counter-clockwise, RF step front, LF toe tap next RF.
5 - 8 LF step to the side, RF close by LF, LF step front, RF kick with heel over the floor.

[65 - 72] sync. Jazzbox in toestruts

1 - 4 RF step crossed on toes over LF. RF put heel down, LF step on toes back, LF put heel down.
5 - 8 RF step on toes to the side, RF put heel down, LF close by toes on RF, LF put heel down

[73 -] 80 rhythm steps

1 - 4 RF step to the side, LF toe tap next RF, LF step to the side , RF toetap next LF

5 - 8 RF step to the side, LF Toe tap next RF, LF step to the side, RF toetap next LF

Start over.

Contact: www.choreografiehuib.wordpress.com - appaloosadancers@mail.com
