

# Quarantine

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Priska Staud (CH) & Fabian Müller (CH) - June 2021  
音樂: Quarantine - Mat Best & Tim Montana



**\*1 Restart, 1 Break with Restart**

**Sect 1: SIDE, SLIDE, STEP, LOCK STEP, SIDE, SLIDE, ROCK FORWARD, RECOVER**

1 - 2      Step side R - Slide L next to R  
3 - 4      Step forward L - Lock R behind L  
5 - 6      Step side L - Slide R next to L  
7 - 8      Rock forward R - Recover L

**Sect 2: STEP BACK, HOLD, COASTER STEP, HOLD, STEP, HOLD**

1 - 2      Step back R - Hold  
3 - 4      Step back L - Step R next to L  
5 - 6      Step forward L - Hold  
7 - 8      Step forward R - Hold

**Sect 3: STEP ½ TURN, STEP, HOLD, FULL TURN, STEP, HOLD**

1 - 2      Step forward L - ½ Turn right, weight on R  
3 - 4      Step forward L - Hold  
5 - 6      ½ Turn left & step back R - ½ Turn left & step forward L  
7 - 8      Step forward R - Hold

**Sect 4: 2X KICK, BEHIND, SIDE CROSS, HOOK, STEP BACK, LOCK STEP**

1 - 2 2      x Kick forward L  
3 - 4      Cross L behind R - Step side R  
5 - 6      Cross L in front of R - Hook R behind L  
7 - 8      Step back R - Lock L in front of R

**Restart in 3rd wall after 32 counts**

**Break in 7th wall after 32 counts. Turn back to front wall and start over with the dance.**

**Sect 5: SLIDE, CLOSE, STEP BACK, LOCK STEP, SLIDE, CLOSE, KICK, STEP BACK**

1 - 2      Step side R - Slide L next to R  
3 - 4      Step back L - Lock R in front of L  
5 - 6      Step side L - Slide R next to L  
7 - 8      Kick forward R - Step back R

**Sect 6: KICK, STEP BACK, KICK, HOOK, LOCK STEP FORWARD, HOLD**

1 - 2      Kick forward L - Step back L  
3 - 4      Kick forward R - Hook R in front of L  
5 - 6      Step forward R - Lock L behind R  
7 - 8      Step forward R - Hold

**Sect 7: ROCK FORWARD, RECOVER, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, HOLD**

1 - 2      Rock forward L - Recover R  
3 - 4      Rock side L - Recover R  
5 - 6      Cross L behind R - Step side R  
7 - 8      Cross L in front of R - Hold

**Sect 8: POINT, HEEL, HOOK, HEEL, FLICK & SLAP, SCUFF, STEP, LOCK STEP**

1 - 2      Point to side R - Heel forward R

- 3 - 4            Hook R in front of L - Heel forward R
- 5 - 6            Flick R back & Slap with right hand - Scuff R next to L
- 7 - 8            Step forward R - Lock L behind R

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