

Tryin' to Quit

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jacqueline B. (USA) - 11 June 2022
音樂: Something or Somebody - Twinnie



Intro: Hold 32 Counts start on first verse

(1-8) 2 KICKS, V-STEP, 2 HIP BUMPS

- 1 & 2& right and left quick kick step front (kick-and switch-kick and switch weight) (ending with weight on left foot)
3,4,5,6 right v step (right step forward wide, left forward step wide, right step back narrow, left foot step in next to right)
7,8 right and left hip bumps (bending knees, rolling hips down to each side) (ending with weight on left foot)

(9-16) DIAGONAL LOCKSTEP, SHUFFLE STEP, CROSS TOE TOUCH, BACK TOE TOUCH, TOE STEP BEHIND, UNWIND SPIN

- 1-2 Right lockstep (right step, left foot steps directly behind right and weight comes off right-(on rt diagonal)
3&4 right triple step
5, 6 Left toe touch to right front diagonal left toe touch to the back, left diagonal
(no weight on left foot for these 2 touches and lean back and forth away from each toe touch)
7,8 left toe step behind right foot unwind spin to 6:00 wall over left shoulder

(17-24) 2 KICK-STEP-SIDE TOE-TOUCHES, SLIDE, OUT-OUT-IN-IN

- 1 & 2 right kick front, quick right step together, left side toe touch (no weight on left touch)
3 & 4 left kick front, quick left step together, right side toe touch (no weight on right touch)
5, 6 Right slide-step (right wide side step and drag left leg to the right foot. slide step together)
& 7 & 8 out-out-in-in (right-left quick wide step on toes, right-left quick steps together, knees bent)

(25-32) 1 CHARLESTON, DOUBLE KICK, COASTER STEP

- 1,2,3,4 right Charleston (rt step forward, left kick front, left step back, right toe dig behind left foot while leaning upper body forward (keep weight on left foot)
5,6 right double kick front
7 & 8 right coaster step

RESTART HERE ON WALL 5 (CHANGE COASTER STEP TO COASTER TOUCH)

(33-40) LEFT, RIGHT SHUFFLE STEPS, PIVOT STEP, TRIPLE TURN

- 1 & 2 left shuffle front (left-right-left) (chug shoulders at same time)
3 & 4 right shuffle front (right-left-right) (chug shoulders at same time)
5 Left pivot to 12:00 (step on left foot ½ turn over right shoulder-right foot stays in place)
6 Right step
7 & 8 left triple full turn forward over right shoulder (left-right-left) ending with weight on left foot.(FACING 12:00)

(41-48) SIDE STEP-KNEE, SIDE STEP HEEL, TURNING STEP KNEE, STEP TOUCH

- 1,2 right step side, left knee lift to front diagonal
3,4 left step side, right heel tap to right diagonal while leaning back
5,6 right step ½ turn over right shoulder to left knee up
7,8 left step, right toe touch-weight on left-(6:00)

REPEAT

END: AFTER COMPLETING WALL 6, DO FIRST 8 COUNTS OF WALL 7 and then FINISH W/SEXY STEP TOUCHES ON 12:00 WALL TO END.

*If the triple turn in dance is too difficult, you can replace with left triple step forward with weight ending on Left foot.

THANKS FOR TRYING OUT "TRYIN" TO QUIT!"
