

Tryin' to Quit

COPPER KNOB
STYLEDANCE

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!"
