

Quicksand

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 0 級數: Improver
編舞者: Pat Stott (UK) - September 2024
音樂: Quicksand (feat. Rianne Downey) - Paul Heaton



Intro: 16c

Side, close, forward, hold, side, close, side, hold

- 1-4. Right to right, close left to right, right forward, hold
5-8. Left to left, close right to left, left to left, hold

Back, recover, extended vine right

- 1-2 rock back on right, recover on left
3-8. Right to right, left behind, right to right, Left over right, right to right, cross left behind right
(extended vine)

Side, rock, cross, hold & clap, turn 1/4 right stepping back on left, right to right, cross left over right, hold & clap

- 1-4. Rock right to right, recover on left, cross right over left, hold & clap
5-8. Turn 1/4 right stepping back on left, right to right, cross left over right, hold & clap

Side, rock, behind, side, rock, behind, side, rock.

- 1-3. Rock right to right, recover on left, cross right behind left
4-6. Rock left to left, recover on right, cross left behind right
7-8. Rock right to right, recover onto left

Tag 1 (4 counts)

- 1-4. Rock hips - stepping to right, left, right, left

Tag 2 (12 counts)

- 1-8. Rumba box ; right to right, close left to right, right forward, hold, left to left, close right to left,
back on left, hold
9-12. Rock hips - stepping to right, left, right, left (tag 1)

Sequence

- 32, 32, (tag1), 32, (tag 1), 32, (tag 2)
32, 32, (tag 1), 32 (tag 1), 32, (tag 2)
32, 32, (tag 1), 32, (tag 1), 31 ending with stomps - left, right (beats 30 & 31)

Choreographers note:

Tags are easy to hear and the 12 count tags are both facing 12 o'clock

Finishes at 12 o'clock on beats 30, 31 (stomp on left, stomp on right)

Tahdah!