

Quit You (P)

拍數: 48 牆數: 0 級數: Improver - Partner
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音樂: Quit You - Kameron Marlowe



Start position – Close Western Men O.L.O.D Women I.L.O.D

[1-8]

M: (Shuffle Back ¼ Turn R) x 2, Rock Back, Recover, Shuffle Side

W: Shuffle Fwd ¼ Turn R, Shuffle Side ¼ Turn R, Rock Back, Recover, Shuffle Side

1&2 M: ¼ turn R Shuffle back L.R.L

W: ¼ turn R Shuffle fwd R.L.R

3&4 M: ¼ turn R Shuffle side R.L.R

W: ¼ turn R Shuffle side L.R.L

5-6 M: LF cross in front – return on RF

W: RF cross behind – return on LF

7&8 M: Shuffle side L.R.L

W: Shuffle side R.L.R

[9-16]

M: ¼ Turn Rock Back, Step Lock Step, (Walk) x 2, Shuffle Fwd

W: ¼ Turn Rock Back, Step Lock Step, (½ Turn) x 2, Shuffle ½ Turn

1-2 M: ¼ turn to right RF behind – return on LF

W: ¼ turn to left LF behind – return on RF

Let your partner's left hand keep your right hand

3&4 M: RF in front – LF cross behind – RF in front (step lock step)

W: LF in front – RF cross behind – LF in front (step lock step)

5-6 M: LF in front – RF in front

W: ½ turn to left RF behind – ½ turn to left LF in front

The partner passes under the arm

7&8 M: Shuffle fwd L.R.L

W: Shuffle ½ turn to left L.R.L

The partner passes under the arm

[17-24]

M: Shuffle Fwd, Rock Step, Recover, Shuffle Side ¼ Turn L, Back, Hook

W: Shuffle Back, Rock Back, Recover, Shuffle Side ¼ Turn L, Back Hook

1&2 M: Shuffle fwd R.L.R

W: Shuffle back L.R.L

Resume closed position

3-4 M: LF in front – return on RF

W: RF behind – return on LF

5&6 M: ¼ turn to left Shuffle side L.R.L

W: ¼ turn to left Shuffle side R.L.R

7-8 M: RF behind – LF cross in front the leg R (Hook)

W: LF behind PG – RF cross in front the leg L (Hook)

Leave the position closed keeping your partner's right hand

[25-32]

M: Shuffle ½ Turn R, Coaster Step, Side, Together, Kick Ball Step Diagonal L

W: Shuffle ½ Turn L, Coaster Step, Side, Together, Kick Ball Step Diagonal L

1&2 M: Shuffle ½ turn to right L.R.L

W: Shuffle ½ turn to left R.L.R

Keep your right hand under your arm

3&4 M: RF behind – LF next to the RF – RF in front
W: LF behind – RF next to the LF – LF in front

Take both hands of your partner

5-6 M : PG à gauche – PD à côté du PG
W : PD à droite – PG à côté du PD

Resume close western position

7&8 M: Kick LF in front diagonal left – LF next to the RF – RF in front
W: Kick RF in front diagonal left – RF next to the LF – LF in front

Restart here

[33-40]

M: Back 3/8 Turn R, Together, Shuffle Back, Back ¼ Turn L, Side, ¼ Turn Shuffle Fwd

W: Step Fwd, ½ Turn L, 1/8 Turn L Shuffle Fwd, ½ Turn R, ¼ Turn R, ¼ Turn Shuffle Fwd

1-2 M: 3/8 turn to right LF behind – RF next to the LF
W: RF in front – ½ turn to left weight on LF

Leave left hand to keep right hand of partner which passes under arm

3&4 M: Shuffle back L.R.L
W: 1/8 turn to left Shuffle in front R.L.R
5-6 M: ¼ turn to left RF behind – LF to left
W: ½ turn to right LF behind – ¼ turn to right RF to right

The partner passes under the right arm

7&8 M: ¼ turn to left Shuffle fwd R.L.R
W: ¼ turn to right Shuffle fwd L.R.L

Let right hand take partner's left hand

[41-48]

M: (Shuffle ½ Turn R) X 2, Side ¼ Turn R, Behind, Side, Together

W: (Shuffle ½ Turn L) X 2, Side ¼ Turn L, Behind, Side, Together

1&2 M: Shuffle ½ turn to right L.R.L
W: Shuffle ½ turn to left R.L.R

Leave hands

3&4 M: Shuffle ½ turn to right R.L.R
W: Shuffle ½ turn to left L.R.L
5-6 M: ¼ turn to right LF to left – RF cross behind
W: ¼ turn to left RF to right – LF cross behind

Return to the starting position (close western)

7-8 M: LF to left – RF next to the LF
W: RF to right – LF next to the

Start over at the beginning

Restart: In the 3rd and 5th routine after 32 counts start from the beginning
