

Quits

拍數: 32 牆數: 4 級數: Improver
編舞者: Marianne Langagne (FR) & Delphine Sablon (FR) - 5 February 2025
音樂: Quits - Tim Hicks



Intro : 16 Counts (Start on the Lyrics)

***3 Restarts (3rd , 7th & 8th walls)

Sequences : 32 – 32 - 24 R – 32 – 32 – 32 – 8 R - 18R - 32 – 32 - Final

S 1 WALK R - L, & CROSS ¼ TURN R, POINT L TO L, POINT FWD, SWAY TO L, RECOVER, BEHIND SIDE CROSS

1 – 2 RF Fwd, LF Fwd
&3-4 ¼ Turn R – Cross RF over LF, L Point to the L, L Point Fwd (3:00)
5 – 6 LF to the L with Sway to the L, Recover on RF
7 & 8 Cross LF Behind RF, RF to the R, Cross LF Over RF HERE 2nd RESTART (3:00)

S 2 WALK R - L, ANCHOR STEP, BACK, BACK , COASTER STEP

1 – 2 RF Fwd, LF Fwd
3 & 4 RF Behind LF, Recover on LF, Recover on RF slightly Back
5 – 6 LF Back, RF Back
7 & 8 LF Back, Together, LF Fwd

S 3 STEP ½ TURN L, FULL TURN, KICK BALL STEP, HEEL SWITCHES &

1 -2 RF Fwd, ½ Turn L (weight on LF) (9:00) HERE 3rd RESTART(12:00)
3 – 4 ½ Turn L – RF Back, ½ Turn L – LF Fwd
5 & 6 Kick RF, Ball R next to LF, LF Fwd
7 & 8 R Heel Fwd, Together, L Heel Fwd
& Together (Weight on LF) HERE 1st RESTART (3:00)

S 4 STEP ¼ TURN L , BEHIND SIDE CROSS, SIDE ROCK , SAILOR ¼ TURN L

1 – 2 RF Fwd, ¼ Turn L (Weight on LF) (6:00)
3 & 4 Cross RF Behind LF, LF to the L, Cross RF Over LF
5 – 6 LF to the L, Recover on RF
7 & 8 Cross LF Behind RF, ¼ Turn L – Plant RF to the R, LF Slightly Fwd (3:00)

Final: dance the first 4 Counts replacing the ¼ Turn with a 1/2 turn to R

Dance & Have fun !!!!

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Last Update: 6 Feb 2025