

# Quick 'n' Slow

**COPPER KNOB**  
STEPSHEETS

拍數: 26      牆數: 2      級數: Beginner  
編舞者: Maggie Marquard (USA)  
音樂: One More Last Chance - Vince Gill



## WALKING FORWARD, STEPPING BACK WITH ½ TURN

1-2            (QQ) Step right forward; step left forward  
3-6            (SS) Step right forward; hold; step left forward; hold  
7-8            (QQ) Step right back; step left back (preparing to turn right)  
9-12          (SS) Step right back making ½ turn right; hold; step left forward; hold

## STEPPING BACK WITH ½ TURN, WALKING FORWARD

13-14        (QQ) Step right back; step left back (preparing to turn right)  
15-18        (SS) Step right back making ½ turn right; hold; step left forward; hold  
19-20        (QQ) Step right forward; step left forward  
21-24        (SS) Step right forward; hold; step left forward; hold

## ½ TURN, CROSS, SIDE STEP, SIDE STEP, TOGETHER, SIDE STEP

25-26        (QQ) Pivot on left making ½ turn right and step right to right side; step left over right  
27-28        (S) Step right to right side; hold  
29-30        (QQ) Step left to left side; step right next to left  
31-32        (S) Step left to left side; hold

## CROSS, CROSS, STEP, SLIDE, CROSS, CROSS, STEP, SLIDE

33-34        (QQ) Cross right over left; cross left over right  
35-38        (SS) Step right forward angled right; hold; slide left next to right; hold  
39-40        (QQ) Cross left over right; cross right over left  
41-44        (SS) Step left forward angled left; hold; slide right next to left; hold

## STEP, ½ TURN, STEP, STEP, ½ TURN, STEP

45-46        (QQ) Step right forward; make ½ turn left (weight to left)  
47-48        (S) Step right forward; hold  
49-50        (QQ) Step left forward; make ½ turn right (weight to right)  
51-52        (S) Step left forward; hold

## REPEAT