

A Quick Little Dance (P)

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Jeff Mills (UK) & Thelma Mills (UK)
音樂: Blues About You Baby - Delbert McClinton



Position: Right Open Promenade position, Holding Inside Hands
Mans footwork listed, lady's opposite throughout. Both start with weight on inside feet

WALK X 3, HITCH, ROCK STEPS TWICE

1-4 Walk forward left, right, left, hitch right
5-6 Step & rock forward onto right, recover weight on left
7-8 Step & rock back on right, recover onto left

MAN: STEP FORWARD, HOLD, ½ TURN LEFT, HOLD, REPEAT WITH ¼ TURN / LADY: STEP FORWARD, HOLD, ½ TURN RIGHT, HOLD, REPEAT WITH ¼ TURN

9-10 **MAN:** Step forward onto right, hold
 LADY: Step forward onto left, hold
11-12 **MAN:** Turn ½ turn left to face RLOD, hold
 LADY: Turn ½ turn right to face RLOD, hold
13-14 **MAN:** Step forward onto right, hold
 LADY: Step forward onto left, hold
15-16 **MAN:** Turn ¼ turn left to face OLOD, hold
 LADY: Turn ¼ turn right to face ILOD, hold

HANDS:

9 Point inside hands forward
12 Man pick up lady's right hand with his left
13 Release mans right & lady's left hands
16 Man picks up lady's left hand with his right

Man & lady now facing each other

CROSS ROCK, TOGETHER, HOLD, REPEAT WITH ¼ TURN

17-18 Cross rock right over left, recover weight onto left
19-20 Step right next to left, hold
21-22 Cross rock left over right, recover weight onto right
23-24 **MAN:** Step left ¼ turn left into LOD, hold
 LADY: Step right ¼ turn right into LOD, hold

TOE, HEEL, CROSS, HOLD TWICE

25-26 Touch right toe to left instep, touch right heel to left instep
27-28 Cross right over left, hold
29-30 Touch left toe to right instep, touch left heel to right instep
31-32 Cross left over right, hold

HEEL FORWARD, HOLD, TOE BACK, HOLD, STEP SLIDE, STEP TOUCH

33-34 Touch right heel forward, hold
35-36 Touch right toe back, hold
37-38 Step forward on right, slide left next to right
39-40 Step forward on right, touch left next to right

HANDS:

33 Point inside hands forward
35 Point inside hands to rear

MAN: LEFT VINE, TOUCH, RIGHT VINE, TOUCH / LADY: RIGHT VINE, TOUCH, 3 STEP TURN LEFT, TOUCH

41-42 **MAN:** Step left to left side, step right behind left
 LADY: Step right to right side, step left behind right

43-44 **MAN:** Step left to left side, touch right next to left
 LADY: Step right to right side, touch left next to right

45-46 **MAN:** Step right to right side, step left behind right
 LADY: Step left to left side, step right behind left

47-48 **MAN:** Step right to right side, touch left next to right
 LADY: Step left to left side, touch right next to left

During counts 41-44 keep hold of inside hands. On count 45, release inside hands & pick back up on count 48 to return to open promenade position

REPEAT

Beats 45-47 in heading for lady are described as a three step turn, but steps are shown as an ordinary vine, so the lady has a choice
