

Quicksand

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: Jungle Boogie - Kool & The Gang



STEP, CROSS, STEP, BALL, CROSS, ROCK RECOVER, BEHIND, ¼ STEP, STEP

1-2 Step right to right, cross step left over right
3&4 Kick right, step on ball of right, cross step left over right
5-6 Rock step right to right, recover onto left
7&8 Step right behind left, step left ¼ turn left, step right forward

WALK, WALK, KICK, STEP, POINT, CROSS, UNWIND, KICK, STEP, POINT

9-10 Walk forward left, right
11&12 Kick left forward, step left in place, point right toes to right
13-14 Cross touch right over left, unwind ½ turn left with weight onto left
15&16 Kick right forward, step right in place, point left toes to left

AND POINT, ½ TURN, SIDE, TOGETHER, CROSS, BUMP AND BUMP, STEP BACK TOUCH

&17 Step left in place, point right toes to right
18 Step right next to left while pivoting ½ turn right on ball of left
19&20 Step left to left, step right next to left, cross step left over right
21&22 Touch right toes slightly forward bumping right hip forward, shift weight onto left, bump right hip forward
23-24 Step right back, touch left toes slightly forward (bending left knee)

COASTER STEP, STEP PIVOT, WALK, WALK, TOGETHER SWIVEL, SWIVEL

25&26 Step left back, step right back, step left forward
27-28 Step right forward, pivot ½ turn left with weight onto left
29-30 Walk forward, right, left
31-32 Step right next to left while swiveling on balls of both feet ¼ turn left, swivel again on balls of both feet ¼ turn left (bend knees on each swivel turn & end with weight on left)

REPEAT
