

Quit It!

拍數: 32 牆數: 4 級數: Improver
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音樂: Quit Teasin' Me - Gil Grand



ROCK FORWARD BACK, SHUFFLE BACK, ROCK BACK FORWARD, ½ SHUFFLE

1-2 Rock forward on left, rock back on right
3&4 Shuffle back left, right, left
5-6 Rock back on right, rock forward on left
7&8 Shuffle forward right, left, right making ½ left

STEP BACK HOOK, ROCK RETURN, ¼ ROCK RETURN, BEHIND SIDE ACROSS

9-10 Step back on left, hook right across left
11-12 Rock forward on right, rock back on left
13-14 Making ¼ right rock right to right side, rock/return weight sideways onto left
15&16 Step right behind left, step left to left, step right across left

SIDE TOGETHER SIDE TOUCH, SIDE SHUFFLE, ROCK BACK FORWARD

17-20 Step left to left, step right beside left, step left to left, touch right beside left
21&22 Side/shuffle right stepping right, left, right
23-24 Rock back on left, rock forward on right

COMPLETING ½ TURN ARC: STEP LOCK SHUFFLE, STEP LOCK SHUFFLE

The following lock step shuffles will take you in a ½ turn arc to the left

25-26 Step forward on left starting ¼ turn arc to the left, lock/step right behind left
27&28 Shuffle left, right, left completing the ¼ turn
29-30 Step forward on right starting ¼ turn arc to the left, lock/step left behind right
31&32 Shuffle right, left, right completing the ¼ turn

TAG: At the end of wall 5

1-4 Rock step forward on left, rock back on right, step back on left, step right beside left
