

Quick Fix

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Karl-Harry Winson (UK) - August 2009
音樂: Quick Fix - V V Brown : (Album: Travelling like the light)



Intro: 16 count intro (start on vocals)

Section 1: (1-8) Walk x2. Right kickball change. Step ¼ turn x2.

1-2 Walk forward on the right. Walk forward on the left.
3&4 Kick the right foot forward. Step right next to left. Step left in place next to right.
5-6 Step forward on the right. Make a ¼ turn left.
7-8 Step forward on the right. Make a ¼ turn left.

(Counts 5-8, emphasis with hip movements)

Section 2: (9-16) Cross side behind & heel. & cross-side. Weave right.

1-2 Cross right over left. Step left foot to the left side.
3&4 Step right behind left. Step left next to right. Dig right heel to right diagonal.
&5,6 Step right next to left foot. Cross left foot over right. Step right foot to right side.
7&8 Cross left foot behind the right. Step right foot to right side. Cross left foot in front of the right.

Section 3: (17-24) Syncopated rocks. Left jazz box.

1-2 Rock right foot out to right side. Recover weight back into the left.
&3,4 Step right next to the left. Rock left foot out to the left side. Recover weight back into the right.
5-6 Cross left foot over right. Step back on the right.
7-8 Step left foot to the left side. Scuff the right foot past the left.

Section 4: (25-32) Right shuffle. Step left ½ turn. Shuffle ½ turn. Right coaster step.

1&2 Step forward on the right. Step left next to right. Step forward on the right.
3-4 Step forward on the left. Make a ½ turn right.
5&6 Shuffle ½ turn right stepping; Left, Right, Left (3.00).
7-8 Step back on the right. Step left next to right. Step forward on the right.

Section 5: (33-40) Heel switches (with rocks, travelling forward).

1&2 Dig left heel forward. Step left foot next to right. Dig right heel forward.
&3,4 Step right foot next to left. Rock forward on the left. Recover weight back into the right.
&5 Step left next to the right. Dig right heel forward.
&6 Step right next to the left. Dig left heel forward.
&7,8 Step left next to the right. Rock forward on the right. Recover weight back into the left.

Section 6: (41-48) ½ turn. ¼ turn. Sailor step. Step forward x2. Step back touch.

1-2 Make a ½ turn right stepping forward on the right; make a ¼ turn right stepping left foot to the left side.
3&4 Step right behind the left. Step left foot out to left side. Step right foot out to right side.
5-6 Step forward and out on the left. Step forward and out on the right.
7-8 Step back on the left. Touch right foot next to the left.