

Quitter

拍數: 64 牆數: 1 級數: Beginner
編舞者: Ross Brown (ENG) - March 2010
音樂: Quitter - Carrie Underwood : (CD: Play On - 3:40)



Intro: 32 Counts (Approx. 12 Secs)

SIDE, TOGETHER. SIDE, TOUCH. SIDE, TOUCH. SIDE, TOUCH.

- 1 – 2 Step right to the right, step left next to right.
- 3 – 4 Step right to the right, touch left next to right.
- 5 – 6 Step left to the left, touch right next to left.
- 7 – 8 Step right to the right, touch left next to right.

SIDE, TOGETHER. SIDE, TOUCH. SIDE, TOUCH. SIDE, TOUCH.

- 1 – 2 Step left to the left, step right next to left.
- 3 – 4 Step left to the left, touch right next to left.
- 5 – 6 Step right to the right, touch left next to right.
- 7 – 8 Step left to the left, touch right next to left.

FORWARD RUMBA BOX.

- 1 – 2 Step right to the right, step left next to right
- 3 – 4 Step forward with right, touch left next to right.
- 5 – 6 Step left to the left, step right next to left.
- 7 – 8 Step back with left, hold for 1 count.

BACKWARD RUMBA BOX.

- 1-2 Step right to the right, step left next to right
- 3-4 Step back with right, touch left next to right.
- 5-6 Step left to the left, step right next to left.
- 7-8 Step forward with left, hold for 1 count.

RESTART On Wall 4, restart the dance at this point. Listen out for the Instrumental part.

ROCKING CHAIR. STEP, LOCK, STEP. HOLD.

- 1 – 2 Rock forward with right, recover onto left.
- 3 – 4 Rock back with right, recover onto left.
- 5 – 6 – 7 Step forward with right, lock left behind right, step forward with right.
- 8 Hold for 1 count.

ROCKING CHAIR. STEP, LOCK, STEP, HOLD.

- 1 – 2 Rock forward with left, recover onto right.
- 3 – 4 Rock back with left, recover onto right.
- 5 – 6 – 7 Step forward with left, lock right behind left, step forward with left.
- 8 Hold for 1 count.

MAMBO FORWARD, HITCH. BACK, BACK, BACK, HITCH.

- 1 – 2 – 3 Rock forward with right, recover onto left, step back with right.
- 4 Hitch left knee up to right.
- 5–6–7–8 Run back; left, right, left, hitch right knee up to left.

BACK, BACK, BACK, HITCH. COASTER CROSS, HOLD.

- 1–2–3–4 Run back; right, left, right, hitch left knee up to right.
- 5 – 6 – 7 Step back with left, step right next to left, cross step left over right.
- 8 Hold for 1 count.

End of Dance. Start again and Enjoy!

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