

Quitter

拍數: 64 牆數: 4 級數: Improver
編舞者: Maggie Gallagher (UK) - February 2010
音樂: Quitter - Carrie Underwood : (CD: Play On, 2009)



Intro: 32 counts (12 secs) (Dance moves ACW)

S1: SIDE RIGHT, TOUCH, SIDE LEFT, TOGETHER, BACK, HOLD, ROCK BACK, RECOVER

1,2 Step right to right side, Touch Left beside right [12.00]
3,4 Step left to left side, Step right beside left
5,6 Step back on left, HOLD
7,8 Rock back on right, Recover onto left [12.00]

S2: RIGHT LOCK STEP, HOLD, STEP, 1/2 PIVOT, STEP, HOLD

1,2,3 Step forward on right, Cross lock left behind right, Step forward on right
4 HOLD
5,6,7 Step forward on left, 1/2 pivot turn right, Step forward on left [6.00]
8 HOLD

S3: 1/2 TURN LEFT, HITCH, 1/4 LEFT, TOUCH, POINT. TOUCH, POINT, BACK HOOK FLICK

1,2 1/2 turn left stepping back on right, Hitch left knee slightly [12.00]
3,4 1/4 turn left stepping left to left side, Touch right next to left [9.00]
5,6 Point right to right side, Touch right next to left
7,8 Point right to right side, Hook flick right behind

S4: VINE RIGHT, TOUCH, VINE LEFT, SCUFF

1,2,3,4 Step right to right side, Cross left behind right, Step right to right side, Touch left beside right
5,6,7,8 Step left to left side, Cross right behind left, Step left to left side, Scuff right forwards

Restart Here during wall 4.

S5: OUT, HOLD, OUT, HOLD, HIP BUMPS R, L, R, HITCH

1,2 Step right out to right side, HOLD
3,4 Step left out to left side, HOLD (Shoulder width apart)
5,6,7,8 Bump hips to Right side, Left side, Right side, Transfer weight to left hitching right knee
 across left

S6: PART RUMBA BOX FORWARD, TOUCH, PART RUMBA BOX BACK, HOLD

1,2,3,4 Step right to right side, Step left beside right, Step forward on right, Touch
5,6,7,8 Step left to left side, Step right beside left, Step back on left, HOLD

S7: RIGHT LOCK BACK, HOLD, FULL TRIPLE LEFT, RIGHT TOE BRUSH

1,2,3,4 Step back on right, Lock left across front of right, Step back on right, HOLD
5,6,7,8 Full Triple turn left on the spot (L, R, L), Brush right toe forward [9.00]

Optional Alt. Steps for 5,6,7:

5,6,7 (Left coaster) Step back on the left, Step right beside left, Step forward on left

S8: WALK, SCUFF, WALK, SCUFF, SIDE, TOUCH, SIDE, TOUCH

1,2,3,4 Walk forward on right, Scuff left forward, Walk forward on left, Scuff right forward
5,6 Step right to right side, Touch left beside right
7,8 Step left to left side, Touch right beside left. [9.00]

Repeat

Restart: During Wall 4 after 32 counts.

**Many thanks for the music suggestion to Franck BOUCHERAUD,
Head of Country Club Route 45, Orléans, France**
