

I Like Quickstep

拍數: 64 牆數: 4 級數: Improver
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音樂: Forever and Ever, Amen - Randy Travis



Alt. Music:-

Snowbird by Anne Murray (209 bpm)
Or any "Quickstep"-Music (174 – 194 bpm preferred)

Cross Step, Hold, Recover, Hold, Chasse Left, Hold

1-4 [SS] Cross LF over RF, Hold, recover onto RF, Hold
5-8 [QQS] Step LF to left, step RF beside LF, step LF to left, Hold

Step Forward, Hold, Chasse Left, Hold, Step Backward, Hold

1-2 [S] Step RF forward, Hold
3-6 [QQS] Step LF to left, step RF beside LF, step LF to left side, Hold
7-8 [S] Step RF backward, Hold

Step Forward, Hold, Lockstep Forward, Hold, Step Forward, Hold

1-2 [S] Step LF forward, Hold
3-6 [QQS] Step forward RF, cross LF behind RF, step forward RF, Hold
7-8 [S] Step LF forward, Hold

Recover, Hold, Lockstep Backward, Hold, Step Backward, Hold

1-2 [S] recover to RF, Hold
3-6 [QQS] Step LF back, cross RF before LF, step back LF, Hold
7-8 [S] Step right backward, Hold

Coasterstep, Hold, Step Forward, 2x ¼ Turn Right,

1-4 [QQS] Step LF back, RF close to LF, step LF forward, Hold
5-8 [SQQ] Step RF forward, Hold, ¼ turn to right step LF to side, ¼ turn to right step RF beside LF

Step Backward, Hold, Lockstep Backward, Hold, Step Backward, Hold

1-2 [S] Step LF back, Hold
3-6 [QQS] Step RF back, cross LF before RF, step RF back, Hold
7-8 [S] Step LF back, Hold

Rock Back, Hold, Recover, Hold, Lockstep Forward, Hold

1-4 [SS] Step RF back, Hold, recover to LF, Hold
5-8 [QQS] step RF forward, cross LF behind RF, step RF forward, Hold

¼ Turn to right with Side Shuffle Left, Hold, Side Shuffle Right, Hold

1-4 [QQS] Side Shuffle turning ¼ to right LF, RF, LF, Hold
5-8 [QQS] Side Shuffle RF, LF, RF, Hold

Repeat

Note:

All "S" – steps (2 beats) have to dance flat with bended knees,
the "Q" – steps (1 beat) have to dance on balls of the feets,
"S"-steps following "Q"- steps have to layer from ball to flat foot.

So it's getting the motion "Rise & Fall"

Motion: Rise & Fall (Quickstep)
