

# I Like Quickstep

拍數: 64                      牆數: 4                      級數: Improver  
編舞者: Karl-Jürgen Lüdecke (DE) - September 2011  
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)

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