

Quit You Cha

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Roy Verdonk (NL), Sebastiaan Holtland (NL) & José Miguel Belloque Vane (NL) - February 2016

Musique: Quit You - Anderson East : (CD: Delilah 2015)



Introduction: 16 counts, start on approx; 09 sec.

S1: Side, Rock Back/Recover, Triple R, Cross Rock/Recover With Sweep, 1/4 Turn L, Sailor L

- 1-2-3 Lf step left, Rf rock back, recover onto Lf.
- 4&5 Rf step right, Lf step together (&), Rf step right.
- 6-7 Lf cross rock in front of Rf, recover onto Rf sweeping Lf from front to back making 1/4 turn left. (9.00)
- 8&1 Lf cross behind Rf, Rf step right (&), Lf step left.

S2: Hips R/L, Triple R, Cuban Breaks (2X)

- 2-3 hips right, hips left.
- 4&5 Rf step right, Lf step together (&), Rf step right.
- 6&7& Lf cross rock in front of Rf, recover onto Rf (&), Lf rock step back in diagonal, recover onto Rf (&)
- 8&1 Lf cross rock in front of Rf, recover onto Rf (&), Lf step back in diagonal.

S3: Behind, 1/4 Turn L , Step Forward, Triple Forward L, Step Forward/Recover With Hip Roll R, Triple Forward R

- 2&3 Rf cross behind Lf, make 1/4 turn left stepping Lf forward (&), Rf step forward. (6.00)
- 4&5 Lf step forward, Rf lock behind Lf (&), Lf step forward.
- 6-7 Rf step forward rolling hips forward, recovery onto Lf rolling hips back.
- 8&1 Rf step forward, Lf lock behind Rf (&) , Rf step forward.

S4: Rock/Recover, Coaster L, Mambo With 1/4 Turn L, Triple L

- 2-3 Lf rock forward, recover onto Rf.
- 4&5 Lf step back, Rf step together (&), Lf step forward.
- 6&7 Rf step forward, make 1/4 turn left stepping Lf left (&), Rf cross in front of Lf. (3.00)
- 8&1 Lf step left, Rf step together (&), Lf step left.

(*NB from this point Restart the dance in wall 2 and 5).

S5: Time Step L/R, Behind, 1/4 Turn L , Step Forward, Triple Forward L In Circle

- 2&3 Rf step together, Lf step together (&), Rf step right
- 4&5 Lf step together, Rf step together (&), Lf step left
- 6&7 Rf cross behind Lf, make 1/4 turn left stepping Lf forward (&), Rf step forward (12.00)
- 8&1 Lf step forward, Rf lock behind Lf (&), Lf step forward (10.30)

S6: Wall R/L, Triple R In Circle, Cross Rock/Recover, Triple L (Into Start)

- 2-3 Rf step forward (7.30), Lf step forward (4.30)
- 4&5 Rf step forward, Lf lock behind Rf (&), Rf step forward . (3.00)
- 6-7 Lf cross rock in front of Rf, recover onto Rf.
- 8& Lf step left, Rf step together (&).

REPEAT DANCE AND HAVE FUN!!

(2 Restarts at 6 o'clock and 3 o'clock).

Dance Edit, email: royverdonkdancers@gmail.com / smoothdancer79@hotmail.com / jose_nl@hotmail.com

