

Quick Fix

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Advanced Beginner
编舞者: William Sevone (UK) - August 2009
音乐: Quick Fix - V V Brown : (Album: Travelling Like The Light)



Choreographers note:- With a 'Peter Gunn' style riff plus many other musical references, it's a '60's Quick Fix' - so dance styles of that era just had to be incorporated along the way.
My special thanks to Pete Browne & Jean Dawson for the '68 inspiration behind section 2.
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts on vocals with knees bent very slightly forward.

4x Hand Pumps. Slow Sailor. Back Kick (1:30)

- 1 – 2 Hand pumps: 1. Left up – Right down. 2. Right up – Left down.
- 3 – 4 Hand pumps: 3. Left up – Right down. 4. Right up – Left down.
- 5 – 6 Step left behind right. Step right to right side.
- 7 – 8 Step left to left side. Turning to face diagonal right – kick right leg backward.

4x Fwd-Hitch with Hands (10:30)

- 9 – 10 Step right diagonally right. Hitch left knee – at same time raise both hands to sides of head.
- 11 – 12 Step left diagonally left (10:30). Hitch right knee – at same time raise both hands to sides of head.
- 13 – 14 Step right diagonally right (1:30). Hitch left knee – at same time raise both hands to sides of head.
- 15 – 16 Step left diagonally left (10:30). Hitch right knee – at same time raise both hands to sides of head.

4x Right & Left Shimmies (12:00)

- 17 – 18 Bending right knee - step right diagonally right & shimmy right shoulder. Shimmy right shoulder.
- 19 – 20 Straightening up & recovering onto left – shimmy left shoulder. Shimmy left shoulder.
- 21 – 22 Bending right knee - step right diagonally right & shimmy right shoulder. Shimmy right shoulder.
- 23 – 24 Straightening up & recovering onto left – shimmy left shoulder. Shimmy left shoulder.

1/2 Right Fwd. Fwd. 3x Hop Hitch-Fwd (6:00)

- 25 – 26 Turn ½ right & step forward onto right. Step forward onto left.
- 27 – 28 Hopping on left – hitch right knee. Step forward onto right.
- 29 – 30 Hopping on right – hitch left knee. Step forward onto left.
- 31 – 32 Hopping on left – hitch right knee. Step forward onto right.

Fwd. 1/2 Right Pivot. 3x Diagonal Dip-Side Point (12:00)

- 33 – 34 Step forward onto left. Pivot ½ right (weight on right) (12).
- 35 – 36 With dipping motion – step left diagonally forward right. Straightening up – point right to right.
- 37 – 38 With dipping motion – step right diagonally forward left. Straightening up – point left to left.
- 39 – 40 With dipping motion – step left diagonally forward right. Straightening up – point right to right.

Cross. Unwind 3/4 Left. 2x Diagonal-Hold. 2x Syncopated Jump (3:00)

- 41 – 42 (prep to turn left) Cross right over left. Unwind ¾ left (weight on left) (3).
- 43 – 44 With a slight right turn with the body & leaning to left – step right diagonally forward right. Hold.
- 45 – 46 With a slight left turn with the body & leaning to the right – step left foot diagonally forward left. Hold.
- 47& Syncopated forward jump: Right – then Left (position together).

48& Syncopated forward jump: Right – then Left (position together).

Dance finish: Count 48& Wall 7 facing 9:00. There is an extra drum bang (count 49) – Optional ending:

49 Transferring weight to right – turn $\frac{1}{4}$ right & step left to left side with left hand on left hip & head leaning to left.
