

Quicksand

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Liz Atkinson (USA) & Dee Fisher (USA) - August 2021
音樂: Quicksand - Sahara



#16 count introduction

S1: STEP, SAMBA STEP, SAMBA STEP, CROSS, HINGE 1/4L, BACK, 1/4L, HITCH

- 1, 2 & 3 Step RF fwd, step LF fwd, rock RF to R side, rcvr onto LF
- 4 & 5 Step RF fwd, rock LF to L side, rcvr onto RF
- 6 & 7 Cross LF over RF, step RF to R side, turn 1/4L and step LF to L side (09:00)
- 8 & 1 Step RF back, turn 1/4L and step LF fwd, hitch R knee (6:00),

S2: SIDE ROCK, RCVR, TCH, SIDE, BEHIND, SIDE, TOUCH, DIAG. SHUFFLE

- 2 & 3 Rock RF to R side, rcvr LF, touch RF beside LF
- 4 & 5, 6 Step RF to R side, step LF behind RF, (elongated) step RF to R side, tch LF beside RF
- 7 & 8 Shuffle forward on the diagonal LF-RF-LF

***RESTART here on wall 4**

S3: ROCK FWD, RCVR (SWEEP), BACK (SWEEP), BEHIND, SIDE, CROSS, 1/4R SHUFFLE, 1/4L SHUFFLE

- 1, 2, 3 Rock RF fwd, rcvr onto LF as RF sweeps front to back, step RF back as LF sweeps front to back
- 4 & 5 Step LF behind RF, step RF to R side, cross LF over RF
- 6 & 7 1/4R shuffle RF-LF-RF (9:00)
- 8 & 1 1/4L shuffle LF-RF-LF (6:00)

S4: SIDE, TOUCH, SIDE, SAILOR FWD, FWD MAMBO, BACK MAMBO

- 2 & 3 Step RF to R side, touch LF beside RF, step LF to L side
- 4 & 5 Step RF behind LF, step LF to L side, step RF fwd
- 6 & 7 Rock fwd onto LF, rcvr RF, step LF beside RF
- 8 & Rock back onto RF, rcvr LF, (Stepping RF fwd begins the dance on count 1, S1)

***RESTART after 16 counts on wall 4 (starts at 6:00).**

You will be facing the 12:00 as you restart after the LF shuffle.

***TAG: At the end of wall 6 facing 12:00: 1,2 Rock fwd onto RF (1), recover LF(2)**

Contact: info@LizAtkinsonDance.com
Asheville, NC, USA