

I Like Quickstep

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Count: 64

Wall: 4

Level: Beginner / Intermediate

Choreographer: K.-J. Lüdecke

Music: Forever and Ever, Amen by Randy Travis (181 bpm)

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)