

MOVIN' QUICKSTEP

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RECORD: Grenn 17213-A "Movin' Out There" (Also Grenn 14205) **RELEASE DATE:** June 2001
FOOTWORK: Opposite unless noted **SUGGESTED SPEED:** 44 rpm
RHYTHM: Quickstep **PHASE:** III+2 (Qtr Trn & Prog Chasse,
SEQUENCE: Intro,ABC,ABCmod Running Fwd Lks)

INTRODUCTION

Meas.

1-4 (OP FCG, DLW) WAIT 2 MEAS;; APT PT; PKUP TCH;
[Op Fcg, DLW] Wait;; bk L, -, pt R twd ptr, -; tog R pickup W to cp LOD, -, tch L to R, -;

PART A

1-4 QT TRN & PROG CHASSE ; ; ; ;
SS;QQS; [Qtr Trn & Prog Chasse] Fwd L, -, fwd R trng RF 1/4, -; sd L trng RF 1/8, cl R to L, sd & bk L twd DLC, -;
SQQ;SS; bk R start LF trn, -, sd L, cl R; sd & fwd L, -, fwd R to cbjo DLW, -;

5-8 FWD/LK FWD; MANUV SD/CL; SLO SPIN TRN & BK (CKG);;
QQS; [Fwd/Lk Fwd] Fwd L, lk R in bk of L, fwd L, -;
SQQ; [Manuv Sd/Cl] Fwd R trng RF, -, diag sd & fwd L to fc RLOD, cl R to L;
SS;SS; [Slo Spin Trn & Bk] Bk L pvt RF, -, fwd R rising to DLW (W bk L brush R to L), -; sd & bk L, -, bk R trn LF to CP DLC, -;

PART B

1-5 TWO LF TRNS (LOD);; WK 2 (BJO); WHALETAIL;;
SQQ;SQQ; [Two LF Trns] Fwd L trn LF, -, sd R, cl L; bk R trng LF, -, sd L, cl R to cp LOD;
SS; [Wk 2 to Bjo] fwd L, -, fwd R to cbjo DLC, -;
QQQQ; [Whaletail] XLIB start RF body trn (W XRIF), sd R comp 1/4 RF body trn, fwd L with L shldr lead,
QQQQ; XRIB (W XLIF); sd L start LF body trn, cl R comp 1/4 LF body trn, XLIB (W XRIF) starting RF body trn, sd R comp 1/4 RF body trn to cbjo;

6-8 WK & FC; TWO SD CL'S; SD & THRU TO FC;
SS;QQQQ; [Wk & FC] Fwd L, -, fwd R trng RF to cp wall, -; [Two Sd Cl's] sd L, cl R, sd L, cl R;
SS; [Sd & Thru to FC] sd L, -, thru R to cp wall, -;

9-12 SLO HVR & PKUP (BJO);; RUNNING FWD LKS;;
SS;SS; [Slo Hvr & Pkup] Fwd L, -, fwd & sd R rising to ball of foot, -; rec fwd L to scp, -, thru R small step pkup W to cbjo LOD (W fwd L trng LF to cbjo), -;
QQQQ; [Running Fwd Lks] Fwd L, lock RIBL (W lock LIFR), fwd L, fwd R; fwd L, lock RIBL (W lock LIFR),
QQS; fwd L, -;

13-16 MANUV SD/CL; SLO IMP SCP & THRU TO FC;; SD TCH (2X);
SQQ; [Manuv Sd/Cl] Repeat meas 6 of Part A;
SS;SS; [Slo Imp Sep & Thru to FC] bk L start RF body trn, -, cl R to L cont RF trn (W sd & fwd L cont RF trn around man and brush R to L), -; fwd L to scp, -; thru R to cp wall, -;
QQQQ; [Sd Tch 2x] sd L, tch R. sd R, tch L;

PART C

Meas.

- 1-4 **STROLLING VINE (TO CBJO, LOD)::::**
 SS;QQS; [*Strolling Vn*] Sd L, -, XRIB (W XLIF), -; sd L, cl R, sd L trn LF 1/2 to COH, -;
 SS;QQS; sd R, XLIB (W XRIF); sd R cl L, sd&fwd R trng RF to cbjo LOD, -;
- 5-8 **FWD/LK FWD; MANUV SD/CL; PVT 2 (WALL); DIP COH RECOV;**
 QQS;SQQ; [*Fwd/Lk Fwd*][*Manuv Sd/Cl*] Repeat meas 5-6 of Part A;;
 SS; [*Pvt 2*] bk L pvt RF, -, fwd R cont RF pvt to end cp wall, -;
 SS; [*Dip (COH) Recov*] Bk L lowering, -, recov fwd R, -;
- 9-12 **SLO TWISTY VN 4 TO BJO;; RUNNING FWD LKS ;;**
 SS;SS; [*Slo Twisty Vn 4*] Sd and bk L start RF body trn, -; XRIB (W XLIF), -; sd & fwd L start LF body trn, -,
 XRIB (W XLIB) to cbjo DLW, -;
 QQQQ; [*Running Fwd Lks*] Repeat meas 11-12 of Part B;;
 QQS;
- 13-16 **MANUV SD/CL; SLO IMP SCP & PKUP;; SD TCH (2X);**
 SQQ; [*Manuv Sd/Cl*] Repeat meas 6 of Part A;
 SS;SS; [*Slo Imp Sep & Pkup*] bk L start RF body trn, -, cl R to L cont RF trn (W sd & fwd L cont RF trn around
 man and brush R to L), -; fwd L to scp, -, small step thru R picking up W to cp LOD (W fwd L trng LF to
 cp in front of M), -;
 QQQQ; [*Sd Tch 2x*] sd L, tch R, sd R, tch L;

REPEAT: Parts A, B, Cmod*NOTE: 2nd time thru, Part C is modified as follows:***PART C (MODIFIED)**

- 1-13 Repeat meas 1-13 of Part C
- 14-16 **SLO IMP SCP;; THRU CHASSE & TILT;;**
 SS;S [*Slo Imp Sep*] Bk L start RF body trn, -, cl R to L cont RF trn (W sd & fwd L cont RF trn around M
 and brush R to L), -; fwd L to scp, -;
 S;QQQQ; [*Thru Chasse & Tilt*] thru R blending to fc, -; sd L, cl R, sd L, without changing wgt stretch left side and
 look to RLOD on last beat of music;