

Stepping Out Quickstep III

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Record: STAR 146B (flip of "What The World Needs Now") Speed: 40 RPM
Rhythm: Quickstep/Two-Step Phase: III + 2 [Qtr Trns & Prog Chasse, Telemark]
Footwork: Directions for man, woman opposite except as noted
Sequence: Intro A B A B C B(1-15 _) Ending Released: May 2007

INTRODUCTION

1-4 WAIT 2 MEAS;; APART POINT; PICKUP TOUCH [DLW];
1-2 Wait 2 meas M fcg ptr DLW M's L & W's R ft free trlg hnds jnd;;
SS; 3 {Apt Pt} Stp apt L, -, pt R, -;
SS; 4 {Pickup Tch} Fwd R, -, tch L, -;

PART A

1-4 QUARTER TURNS & PROGRESSIVE CHASSE;;;:
SS;QQS; 1-4 {Qtr Trns & Prog Chasse} Fwd L, -, fwd R trng RF, -; Sd L trng 1/8 RF, cont trng 1/8
SQQ;SS; RF cl R, sd & bk L DLC, -; Bk R DLC start LF trn, -, sd L, cl R; Sd & slightly fwd L, -,
fwd R to BJO DLW, -;

5-8 FORWARD LOCK FORWARD; MANUEVER SIDE CLOSE; SLOW SPIN TURN & STEP
BACK;;
QQS;SQQ; 5-6 {Fwd Lk Fwd} Fwd L, XRib, fwd L, -; {Manuv Sd Cl} Fwd R outsd W's feet trng RF in
frnt of W, -, sd L, cl R to CP RLOD;
SS;SS; 7-8 {Slow Spin Trn & Stp Bk} Comm RF upper body trn bk L pvtg _ RF, -, fwd R between
W's feet w/ rise cont trn, -; comp trn to DLW rec sd & bk L, -, bk R CP, -;

9-11 2 SIDE CLOSES; WALK CHECK; FISHTAIL;
QQQQ; 9 {2 Sd Cls} Sd L, cl R, sd L, cl R;
SS; 10 {Wk Ck} Fwd L trng LF, -, fwd R w/ checking action to BJO, -;
QQQQ; 11 {Fishtail} XLib of R, sd R, fwd L, lk Rib of L (W XRif of L, sd L, bk R, lk Lif of R);

12-14 2 LEFT TURNS to BJO;; STEP HOP 2X;
SQQ;SQQ; 12-13 {2 L Trns} Fwd L comm LF trn, -,cont LF trn sd R, cl L; Bk R comm LF trn, -, cont LF
trn sd L, cl R to BJO DLW;
Q-Q-; 14 {Stp Hop 2X} Fwd L, hop on L, fwd R, hop on R;

15-16 FORWARD LOCK FORWARD; FORWARD FACE CLOSE;
QQS;SQQ; 15-16 {Fwd Lk Fwd} Fwd L, XRib, fwd L, -; {Fwd Fc Cl} Fwd R, -, sd L, cl R CP WALL;

PART B

1-8 WHISK ~ WING;;; TELEMARK to BANJO ~ FORWARD CHASSE BANJO;;; FORWARD &
LOCK 6;;
SS;S 1-3 {Whsk} Fwd L,-, fwd & sd R w/ rise, -; hk L bhd R (W hk R bhd L) -,
S;SS; {Wing} Fwd R leading W in frnt to SCAR (W fwd L trng LF), -; draw L, -, tch L (W fwd R
arnd M cont LF trn, -, fwd L), -;
SS;S 4-6 {Tele BJO} Fwd L comm to trn LF,-, fwd & sd R arnd W (W heel trn) cont LF trn, -; fwd
& sd L to BJO DLW, -,
S;QQS; {Fwd Chasse BJO} Fwd R comm trn to fc (W XLib of R), -; sd L, cl R, sd L to
BJO DLW, -;
SQQ; 7-8 {Fwd & Lk 6} Fwd R, -, fwd L, lk Rib; fwd L, lk Rib, fwd L, lk Rib;
QQQQ;

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PART B [CONT]

- 9-12** **QUARTER TURNS & PROGRESSIVE CHASSE;;;:**
9-12 Rpt meas 1-4 of Part A;;;;
- 13-14** **FORWARD LOCK FORWARD; MANUEVER SIDE CLOSE;**
13-14 Rpt meas 5-6 of Part A;;
- 15-16** **OPEN IMPETUS & PICKUP;:**
SS;SS; 15-16 {Op Imp & PU} Bk L trng RF (W fwd R outsd M's feet comm RF trn), -, heel trn bk R (W sd & fwd L arnd M), -; fwd L (W fwd R) in tight SCP, -, fwd R short stp (W fwd L in frnt of M trng LF) to CP LOD, -;

REPEAT PART A

REPEAT PART B

PART C

- 1-4** **WALK 2; FORWARD TWO-STEP; WALK 2; FORWARD TWO-STEP;**
1-4 Fwd L, -, fwd R, -; Fwd L, cl R, fwd L, -; Fwd R, -, fwd L, -; Fwd R, cl L, fwd R, -;
- 5-8** **WALK CHECK; WHALETAIL;; FORWARD LOCK TWICE;**
5-8 Fwd L, -, fwd R DLC BJO, -; XLib of R, sd R, fwd L, lk Rib of L (XRif of L, sd L, bk R, lk Lif of R); Sd L, cl R, XLib of R, sd R (Sd R, cl L, XRif of L, sd L); Fwd L, XRib of L, fwd L, XRib of L;
- 9-12** **WALK 2; PROGRESSIVE SCISSOR SCAR; WALK OUT 2;**
PROGRESSIVE SCISSOR BJO;
9-12 Fwd L, -, fwd R, -; Sd L, cl R, XLif of R, -; Fwd R, -, fwd L, -; Sd R, cl L, XRif of L, -;
- 13-16** **WALK CHECK; WHALETAIL;; WALK, FACE;**
13-16 Fwd L, -, fwd R DLC BJO, -; XLib of R, sd R, fwd L, lk Rib of L (XRif of L, sd L, bk R, lk Lif of R); Sd L, cl R, XLib of R, sd R (Sd R, cl L, XRif of L, sd L); Fwd L, -, fwd R trng RF to CP WALL;

REPEAT PART B (1-14)

ENDING

- 2 _ OPEN IMPETUS ~STEP THRU; & QUICK SIDE TAP,,**
SS;SS; 1-2 {Op Imp} Bk L trng RF (W fwd R outsd M's feet comm RF trn), -, heel trn bk R (W sd & fwd L arnd M), -; fwd L (W fwd R) in tight SCP, -, {Stp Thru} Fwd R (W fwd L) twd LOD, -;
- QQ — {Qk Sd Tap} Sd L (W sd R) to fc ptr CP WALL, tap R toe behnd L w/ L sd stretch (W tap L toe behnd R w/ R sd stretch) bth looking RLOD,