

MY QUICKSTEP

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Music : "My Quickstep" Download: Casa Musica
Album: Ballroom Resilience track 44 Time 2:15 Speed: 43~44rpm
Rhythm : Quickstep/Two Step ph III+1(Quarter Trn & Prog Chasse)
Footwork : Opposite, directions for man(lady as noted) Date: DEC 2023 Ver.1.1
Sequence : Intro - A - B - A - INT - A - B - A - Ending



Meas

INTRO

1~ 4 OP-FC/Wall Wait 2 meas;; Apt Pt; Tog Pickup Tch(CP/DW);

- 1- 2 OP-FC/Wall lead foot free for both wait 2 meas;;
S-- 3 {Apt Pt} Bk L,-, pt fwd R twd partner,-;
S-- 4 {Tog Pickup Tch} Tog R lead W pickup,-, tch L to R CP/DW,-;

Meas

PART A

1~ 8 Quarter Trn & Prog Chasse;;;, Fwd; Fwd Lk Fwd; Manuv Sd Cl; Pivot 2; Walk 2(CP/LOD);

- SSQSS 1- 4 {Quarter Trn & Prog Chasse Fwd} Fwd L,-, fwd R comme RF trn,-; Cont RF trn
SQSS sd L, cont RF trn cl R fc RDW, sd & bk L,-; Bk R comme LF trn fc wall,-,
sd L, cl R; Sd & fwd L to contra Bjo fc DW,-, fwd R,-;
QQS 5 {Fwd Lk Fwd} Fwd L, XRIB of L, Fwd L,-;
SQ 6 {Manuv Sd Cl} Fwd R comme RF trn,-, cont RF trn sd L, cl R CP/LOD;
SS 7 {Pivot 2} Bk L pivot 1/2 RF,-, fwd R CP/LOD,-;
SS 8 {Walk 2} Fwd L,-, fwd R,-;

9~16 2 LF Trns;(CP/Wall); Whisk;;, Thru Chasse to SCP;; Thru Fc Cl; Twirl Vine 2; *Walk & Fc(CP/Wall); *2nd time Walk 2(OP/LOD)

- SQ 9-10 {2 LF Trns} Fwd L comme LF trn,-, sd R cont LF trn, cl L to R; bk R comme LF
SQ trn,-, sd L cont trn, cl R to L CP/Wall;
SSS 11-13 {Whisk} Fwd L,-, sd R,-; XLIB of R SCP/LOD,-,
SQSS {Thru Chasse SCP} Thru R,-; Sd L, cl R, sd & fwd L SCP/LOD,-;
SQ 14 {Thru Fc Cl} Thru R,-, Sd L, cl R CP/Wall;
SS 15 {Twirl Vine 2} Sd L lead W RF twirl,-, XRIB of L(W sd & fwd R comme RF trn
under lead hand,-, cont RF trn sd L) blend SCP,-;
SS 16 {Walk & Fc} Fwd L,-, fwd R fc partner CP/Wall,-;
* 2nd time Fwd L,-, fwd R OP/LOD,-;

Meas

PART B

1~ 8 Broken Box;;; Slow Twisty Vine 4;; Fishtail; Walk & Fc(CP/Wall);

- QQSSS 1- 4 {Broken Box} Sd L, cl R, fwd L,-; Rk fwd R,-, rec L,-; Sd R, cl L, bk R,-;
QQSSS Rk bk L,-, rec R,-;
SSSS 5- 6 {Slow Twisty Vine 4} Sd L,-, XRIB of L(W XLIF of R),-; sd L,-, XRIF of L(W
XLIF of R) Bjo/DW,-;
QQQQ 7 {Fishtail} XLIB of R slightly RF trn, sd R, fwd L, XRIB of L Bjo/DW;
SS 8 {Walk & Fc} Fwd L,-, fwd R fc partner CP/Wall,-;

9~16 Traveling Box;;; Circle Away 2 Two Steps;; Strut Tog 4 w/Pickup; (CP/DW);

- QQSSS 9-12 {Traveling Box} Sd L, cl R, fwd L,-; RSCP fwd R twd RLOD,-, fwd L,-;
QQSSS CP/Wall sd R, cl L, bk R,-; SCP/LOD fwd L,-, fwd R,-;
QQS 13-14 {Circle Away 2 Two Steps} Circle LF twd COH(W circle RF twd Wall)fwd L, cl R,
QSS fwd L,-; cont circle LF twd RLOD fwd R, cl L, fwd R fc Wall(W fc COH),-;
SSSS 15-16 {Strut Tog 4 w/Pickup} Fwd L twd Wall(W twd COH),-; fwd R,-; Fwd L,-, fwd R
1/8 LF trn CP/DW,-;

Meas

INTERLUDE

1~ 8 Charleston;; Strut Walk 4;; Solo Trn 6;(CP/Wall);
Chasse 4 SCP; Walk & Pickup(CP/DW);

SSSS 1- 2 {Charleston} Fwd L, -, pt fwd R, -; Bk R, -, pt bk L, -;
SSSS 3- 4 {Strut Walk 4} Fwd L, -, R, -; Fwd L, -, R (OP/LOD), -;
SQQ 5- 6 {Solo Trn 6} Fwd L comme trn LF, -, cont trn LF sd & bk R, bk L fc RLOD(W fwd R
SQQ comme trn RF, -, cont trn RF sd & bk L, bk R fc RLOD); Bk R comme trn LF, -,
cont trn LF sd L fc Wall, cl R to L(W bk L comme trn RF, -, cont trn RF sd R,
cl L to R) CP/Wall;
QQQQ 7 {Chasse 4} Sd L, cl R, sd L, cl R;
SS 8 {Walk & Pickup} Blend SCP fwd L, -, fwd R lead W pickup CP/DW, -;

Meas

ENDING

1~ 3 (CP/Wall) Chasse 4; Sd Draw Cl; Hold,, Sd Corte;

QQQQ 1 {Chasse 4} Sd L, cl R, sd L, cl R;
SS 2 {Sd Draw Cl} Sd L, draw R to L, cl R to L, -;
--S 3 {Hold & Sd Corte} Hold, -, sd lunge L flex knee look RLOD, -;

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Rhythm : Quickstep/Two Step ph III+1 (Quarter Trn & Prog Chasse)

SEQ : Intro - A - B - A - INT - A - B - A - Ending

INTRO 1~ 4 OP-FC/Wall Wait 2 meas;; Apt Pt; Tog Pickup Tch(CP/DW);

PART A 1~ 8 Quarter Trn & Prog Chasse;;,, Fwd; Fwd Lk Fwd; Manuv Sd Cl;
Pivot 2; Walk 2(CP/LOD);
9~16 2 LF Trns;(CP/Wall); Whisk,, Thru Chasse to SCP;; Thru Fc Cl;
Twirl Vine 2; Walk & Fc(CP/Wall);

PART B 1~ 8 Broken Box;;,, Slow Twisty Vine 4;; Fishtail; Walk & Fc(CP/Wall);
9~16 Traveling Box;;,, Circle Away 2 Two Steps;; Strut Tog 4 w/Pickup;(CP/DW);

PART A 1~ 8 Quarter Trn & Prog Chasse;;,, Fwd; Fwd Lk Fwd; Manuv Sd Cl;
Pivot 2; Walk 2(CP/LOD);
9~16 2 LF Trns;(CP/Wall); Whisk,, Thru Chasse to SCP;; Thru Fc Cl;
Twirl Vine 2; Walk 2(OP/LOD);

INTER 1~ 8 Charleston;; Strut Walk 4;; Solo Trn 6;(CP/Wall);
Chasse 4 SCP; Walk & Pickup(CP/DW);

PART A 1~ 8 Quarter Trn & Prog Chasse;;,, Fwd; Fwd Lk Fwd; Manuv Sd Cl;
Pivot 2; Walk 2(CP/LOD);
9~16 2 LF Trns;(CP/Wall); Whisk,, Thru Chasse to SCP;; Thru Fc Cl;
Twirl Vine 2; Walk & Fc(CP/Wall);

PART B 1~ 8 Broken Box;;,, Slow Twisty Vine 4;; Fishtail; Walk & Fc(CP/Wall);
9~16 Traveling Box;;,, Circle Away 2 Two Steps;; Strut Tog 4 w/Pickup;(CP/DW);

PART A 1~ 8 Quarter Trn & Prog Chasse;;,, Fwd; Fwd Lk Fwd; Manuv Sd Cl;
Pivot 2; Walk 2(CP/LOD);
9~16 2 LF Trns;(CP/Wall); Whisk,, Thru Chasse to SCP;; Thru Fc Cl;
Twirl Vine 2; Walk & Fc(CP/Wall);

ENDING 1~ 3 Chasse 4; Sd Draw Cl; Hold,, Sd Corte;