

GENTLE QUICKSTEP

Choreographers: Gil & Judy Martin, 1910 Sunnyside Ave., Highland Park, IL 60035-2161
 Record: Special Pressing Flip of: 'With You' (847) 831-5413 gilwmartin@aol.com
 Phase 3 + 1 Quickstep/Two step Speed: Teach 36-40 RPM Woman's footwork opposite
 [Quarter turns with progressive Chasse] Fun Dancing 40-45 RPM except where noted.
 Sequence: INTRO, A, A, B, B, C, C, A, ENDING Corrected July, 2000 Available from Palomino

Meas INTRO
 1 - 3 WAIT 2 MEAS BFLY; ; SD DRW LOD,-, SD DRW RLOD CP,-;
 1 - 2 WAIT 2 MEAS BFLY; ; BFLY WALL wait 2 meas M's L & W's R free;;
 3 ss SD DRW LOD,-, SD DRW RLOD CP,-; Sd L, drw R to L no wt on R, sd R, drw L to R no wt on L
 blend to CP;

Meas PART A
 1 - 1 6 STRLLG VN; ; ; SLO TWST VN 4 BJO; ; DBL LK; WLK 2 CP WALL; 2 OK SD CL; STP SD
TRN BJO CK; WHTL; ; DBL LK; FWD MANUV; PVT 2 CP LOD; WLK 2 CP WALL [2nd
TIME CP LOD] [3rd TIME END BFLY WALL];
 1 - 4 ssQQS STRLLG VN; ; ; Sd L,-, XRib (W XLif),-; Sd L, cl R, commence LF trn sd & fwd L to end fcg
 ssQQS COH,-; Sd R LOD,-, XLib (W XRif),-; Sd R, cl L, commence RF trn sd & fwd R CP WALL,-;
 5 - 6 ssss SLO TWIST VN 4 BJO; ; Commence RF bdy trn Sd & bk L,-, XRib (W XLif) SCAB DRW,-;
 Commence LF bdy trn bk & sd L CP WALL,-, continue LF bdy trn XRif (W XLib) BJO DLW,-;
 7 QQQQ FWD LK TWICE; Fwd L LOD BJO, XRib (W XLif), Fwd L LOD, XRib (W XLif);
 8 ss WLK 2 CP WALL; Fwd L LOD BJO,-, commence RF trn fwd R CP WALL,-;
 9 QQQQ 2 OK SD CL; Sd L LOD, cl R, sd L, cl R;
 10 ss STP SD TRN BJO CK; Sd & fwd L LOD commencing LF trn BJO,-, cont LF trn fwd R BJO LOD
 ckg,-;
 11 - 12 QQQQ WHTL; XLib (W XRif), sd R, fwd L, XRib (W XLif); Sd L, cl R, XLib (W XRif), sd R end BJO
 QQQQ LOD;
 13 QQQQ FWD LK TWICE; Repeat Meas 7 PART A
 14 ss FWD MANUV; Fwd L BJO,-, fwd R commence RF trn to CP RLOD,-;
 15 ss PVT 2 CP LOD; Continue RF upper body trn bk & sd L LOD,-, Continue RF trn sd & fwd R CP
 LOD,-;
 16 ss WLK 2; Fwd L LOD,-, fwd R trn CP WALL,-; [2nd TIME CP LOD] [3rd TIME END BFLY
WALL];

Meas PART B
 1 - 1 6 QTR TRN WITH PROG CHASSE BJO; ; ; FWD LK FWD; MANUV SD CL; PVT 2 CP LOD;
WLK 2; 2 LEFT TRNS; ; FWD 2 BJO CKG; FSHTL WITH EXTRA LK FWD; ; MANUV SD
CL; PVT 2 CP LOD; WLK 2 [2ND TIME BLEND BFLY WALL];
 1 - 4 ssQQS QTR TRN WITH PROG CHASSE BJO; ; ; Fwd L,-, fwd R commence RF trn CP,-; Continuing RF
 ssQQS trn sd L, cl R, sd & bk L end RF trn fc DRW CP,-; Bk R DLC commence LF trn,-, cont
 slight LF trn sd L LOD, cont slight LF trn cl R; Cont slight LF trn sd & fwd L BJO,-, fwd R,-;
 5 QQS FWD LK FWD; Fwd L BJO, XRib (W XLif), fwd L,-;
 6 SQQ MANUV SD CL; Fwd R commence RF trn to CP RLOD,-, Sd L WALL, cl R;
 7 ss PVT 2 CP LOD; Repeat measure 15 PART A.
 8 ss WLK 2; Repeat measure 16 PART A.
 9 - 10 SQQ 2 LEFT TRNS; Fwd L DLC commence LF trn,-, cont LF trn sd R, cl L fc RLOD; Bk R
 SQQ commence LF trn,-, sd L cont LF trn, cl R CP WALL;
 11 ss FWD 2 BJO CKG; Sd & fwd L commence LF trn,-, cont trn fwd R BJO LOD ckg,-;
 12 - 13 QQQQ FSHTL WITH EXTRA LK FWD; XLib (W XRif), sd R, fwd L, XRib (W XLif) LOD; Fwd L,
 QQS XRib (W XLif), Fwd L,-;
 14 SQQ MANUV SD CL; Repeat Meas 5 PART B.

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Meas PART B { CONT}

- 15 ss PVT 2 CP LOD; Repeat Meas 6 PART A.
16 ss WLK 2; Fwd L,-, fwd R [2nd TIME TRN BFLY WALL], -;

Meas PART C

- 1 - 8 [BFLY] TRAV DR CP; ;;; TWST VN 3 BJO LOD; -, -, MANUV, -; PVT 2 CP LOD; WLK 2 BFLY WALL;
1 - 4 SSQQS BFLY TRAV DR CP; ;;; BFLY Rk sd L LOD,-, rec R, -; XLif, sd R, XLif,-; Rk sd R
SSQQS RLOD,-, rec L,-; XRif, sd L, XRif CP WALL,-;
5 - 6 ssss TWST VN 3 BJO LOD; -, -, MANUV, -; Commence RF bdy trn Sd & bk L,-, XRib (W XLif) SCAR
DRW,-; Commence LF bdy trn sd & fwd L BJO DLW,-, [MANUV,-] Fwd R commence RF trn
to CP RLOD,-;
7 ss PVT 2 CP LOD; Repeat Meas 6 PART A.
8 ss WLK 2 BFLY WALL; Fwd L,-, fwd R trn fc WALL BFLY,-;

Meas END

- 1 - 2 *TWRL VN 2; STP SD FC LOD OP PT LOD; *
1 ss TWRL VN 2; Sd L commence RF Bdy trn release R hnd & raise L hnd to encourage W to
commence RF under arm trn (W Fwd R commence RF under arm trn),-, XRib (W sd & bk L
cont RF under arm trn),-;
2 ss STP SD FC LOD OP PT LOD; Sd & fwd L trn LF (W trn RF) chg hnds OP LOD,-, pt R LOD,-;

*NOTE: The end of the music has no definite beat. Dancing the ending at about the same rhythm as the rest of the dance will work with just a little music left over.