

# Quit You Cha

**Count:** 48    **Wall:** 4    **Level:** Intermediate

**Choreographer:** Roy Verdonk, (NL), Sebastiaan Holtland, (NL) & Jose Miguel Belloque Vane,(NL) Feb. 2016

**Music:** Quit You - Anderson East (Cd: Delilah 2015)

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**Introduction: 16 counts, start on approx; 09 sec.**

## **S1: Side, Rock Back/Recover, Triple R, Cross Rock/Recover With Sweep, 1/4 Turn L, Sailor L**

- 1-2-3            Lf step left, Rf rock back, recover onto Lf.  
4&5            Rf step right, Lf step together ( & ), Rf step right.  
6-7            Lf cross rock in front of Rf, recover onto Rf sweeping Lf from front to back making 1/4  
turn left. (9.00 )  
8&1            Lf cross behind Rf, Rf step right ( & ), Lf step left.

## **S2: Hips R/L, Triple R, Cuban Breaks (2X)**

- 2-3            hips right, hips left.  
4&5            Rf step right, Lf step together ( & ), Rf step right.  
6&7&            Lf cross rock in front of Rf, recover onto Rf (&), Lf rock step back in diagonal, recover  
onto Rf (&)  
8&1            Lf cross rock in front of Rf, recover onto Rf (&), Lf step back in diagonal.

## **S3: Behind, 1/4 Turn L , Step Forward, Triple Forward L, Step Forward/Recover With Hip Roll R, Triple Forward R**

- 2&3            Rf cross behind Lf, make 1/4 turn left stepping Lf forward ( & ), Rf step forward. (6.00 )  
4&5            Lf step forward, Rf lock behind Lf ( & ), Lf step forward.  
6-7            Rf step forward rolling hips forward, recovery onto Lf rolling hips back.  
8&1            Rf step forward, Lf lock behind Rf ( & ) , Rf step forward.

## **S4: Rock/Recover, Coaster L, Mambo With 1/4 Turn L, Triple L**

- 2-3            Lf rock forward, recover onto Rf.  
4&5            Lf step back, Rf step together ( & ), Lf step forward.  
6&7            Rf step forward, make 1/4 turn left stepping Lf left (&), Rf cross in front of Lf. ( 3.00 )  
8&1            Lf step left, Rf step together ( & ), Lf step left.

(\*NB from this point Restart the dance in wall 2 and 5).

## **S5: Time Step L/R, Behind, 1/4 Turn L , Step Forward, Triple Forward L In Circle**

- 2&3            Rf step together, Lf step together ( & ), Rf step right  
4&5            Lf step together, Rf step together ( & ), Lf step left  
6&7            Rf cross behind Lf, make 1/4 turn left stepping Lf forward ( & ), Rf step forward (12.00  
)  
8&1            Lf step forward, Rf lock behind Lf ( & ), Lf step forward (10.30 )

## **S6: Wall R/L, Triple R In Circle, Cross Rock/Recover, Triple L (Into Start)**

- 2-3            Rf step forward ( 7.30 ), Lf step forward ( 4.30 )  
4&5            Rf step forward, Lf lock behind Rf ( & ), Rf step forward . (3.00 )

6-7 Lf cross rock in front of Rf, recover onto Rf.  
8& Lf step left, Rf step together ( & ).

**REPEAT DANCE AND HAVE FUN!!**

**(2 Restarts at 6 o`clock and 3 o`clock).**

**Dance Edit, email: [royverdonkdancers@gmail.com](mailto:royverdonkdancers@gmail.com) / [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com) / [jose\\_nl@hotmail.com](mailto:jose_nl@hotmail.com)**