

Quick Fix

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Count: 48 **Wall:** 4 **Level:** Advanced Beginner

Choreographer: William Sevone , August 2009

Music: "Quick fix" (131 bpm)... V V Brown ("Travelling Like The Light)

Choreographers note:- With a 'Peter Gunn' style riff plus many other musical references, it's a '60's Quick Fix'

- so dance styles of that era just had to be incorporated along the way.

My special thanks to Pete Browne & Jean Dawson for the '68 inspiration behind section 2.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on vocals with knees bent very slightly forward.

4x Hand Pumps. Slow Sailor. Back Kick (1:30)

- 1 - 2** Hand pumps: 1. Left up – Right down. 2. Right up – Left down.
- 3 - 4** Hand pumps: 3. Left up – Right down. 4. Right up – Left down.
- 5 - 6** Step left behind right. Step right to right side.
- 7 - 8** Step left to left side. Turning to face diagonal right – kick right leg backward.

4x Fwd-Hitch with Hands (10:30)

- 9 - 10** Step right diagonally right. Hitch left knee – at same time raise both hands to sides of head.
- 11 - 12** Step left diagonally left (10:30). Hitch right knee – at same time raise both hands to sides of head.
- 13 - 14** Step right diagonally right (1:30). Hitch left knee – at same time raise both hands to sides of head.
- 15 - 16** Step left diagonally left (10:30). Hitch right knee – at same time raise both hands to sides of head.

4x Right & Left Shimmies (12:00)

- 17 - 18** Bending right knee - step right diagonally right & shimmy right shoulder. Shimmy right shoulder.

- 19 - 20 Straightening up & recovering onto left - shimmy left shoulder. Shimmy left shoulder.
- 21 - 22 Bending right knee - step right diagonally right & shimmy right shoulder. Shimmy right shoulder.
- 23 - 24 Straightening up & recovering onto left - shimmy left shoulder. Shimmy left shoulder.

1/2 Right Fwd. Fwd. 3x Hop Hitch-Fwd (6:00)

- 25 - 26 Turn ½ right & step forward onto right. Step forward onto left.
- 27 - 28 Hopping on left - hitch right knee. Step forward onto right.
- 29 - 30 Hopping on right - hitch left knee. Step forward onto left.
- 31 - 32 Hopping on left - hitch right knee. Step forward onto right.

Fwd. 1/2 Right Pivot. 3x Diagonal Dip-Side Point (12:00)

- 33 - 34 Step forward onto left. Pivot ½ right (weight on right) (12).
- 35 - 36 With dipping motion - step left diagonally forward right. Straightening up - point right to right.
- 37 - 38 With dipping motion - step right diagonally forward left. Straightening up - point left to left.
- 39 - 40 With dipping motion - step left diagonally forward right. Straightening up - point right to right.

Cross. Unwind 3/4 Left. 2x Diagonal-Hold. 2x Syncopated Jump (3:00)

41 - 42 (prep to turn left) Cross right over left. Unwind ¾ left (weight on left) (3).

- 43 - 44 With a slight right turn with the body & leaning to left - step right diagonally forward right. Hold.
- 45 - 46 With a slight left turn with the body & leaning to the right - step left foot diagonally forward left. Hold.
- 47& Syncopated forward jump: Right - then Left (position together).
- 48& Syncopated forward jump: Right - then Left (position together).

**Dance finish: Count 48& Wall 7 facing 9:00. There is an extra drum bang (count 49) -
Optional ending:**

- 49 Transferring weight to right - turn ¼ right & step left to left side with left hand on left hip & head leaning to left.