

## Quit You Cha

48 Count, 4 Wall, Intermediate

Choreographer: Roy Verdonk, Sebastiaan Holtland &amp;

Jose Miguel Belloque Vane (NL) Feb 2016

Choreographed to: Quit You by Anderson East

CD: Delilah 2015)

---

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

- Section 1 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.
- Section 2 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.
- Section 3 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.
- Section 4 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).**
- Section 5 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 )
- Section 6 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).**