

Quick Fix

48 Count, 4 Wall, Improver

Choreographer: William Sevone (August 2009)

Choreographed to: Quick Fix by VV Brown,

CD: Travelling Like The Light (131 bpm)

Choreographers note: With the many musical and lyrical references, it really is a '60's Quick Fix'. My special thanks to Pete Browne & Jean Dawson for the original '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.

Music download available from iTunes
