YOU DO SOMETHING QUICKSTEP

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Music: “You Do Something To Me”  
Artist: Peter Douglas

Download at Casa Musica or CD: “Ballroom Magic” Casa Musica  
Track #17  
TIME@MPM 2:10 @ 48  (96% of original)

Footwork: Opposite, directions for man (Lady as noted)

Rhythm & Phase: Quickstep  Phase V + 2 (V-6, Throwaway Oversway)


Note: Timing indicates weight changes only.

MEAS:

INTRODUCTION

1-4  WAIT 3 MEAS;;;; DIP BK REC;

1-3  {Wait 3 Meas} CP/DLW lead foot free wait 3 meas;;;;;

SS 4  {Dip Bk Rec} Bk L relaxing knee, -, rec R, - end CP/DLW;

PART A

1-8  QTR TRN & PROG CHASSE ~ FWD;;;;

STEP HOP STEP HOP: FWD LK FWD: MANUV SD CL; PVT 2;

SSQQS 1-4  {Qtr Trn & Prog Chasse} CP/DLW fwd L, -, fwd R trng RF 1/8, -;  Sd L, cl R trng RF 1/8 to fc

SQS 9  DRW, sd & bk L, -;  Bk R trng LF 1/8, -, sd L, cl R trng LF 1/8;  Sd & fwd L to BJO/DLW,

S 4  {Fwd} Fwd R, -;

Q-Q 5  {Step Hop Step Hop} Fwd L, hop on L, fwd R, hop on R;

QQS 6  {Fwd Lk Fwd} Fwd L, lk RIB, fwd L, -;

SQQ 7  {Manuv Sd Cl} Fwd R outsld ptr comm trng RF, -, sd L cont trng, cl R end CP/RLOD;

SS 8  {Pvt 2} Bk L pivoting RF 3/8, -, fwd R, - end CP/DLC;;;

8-16  OP REV TRN; HVR CORTE ~ TIPPLE CHASSE w/ CHKG;;;;

RUNG FWD LKS;;;; SLOW TWISTY VINE 4;;

SQ 8  {Op Rev Trn} CP/DLC fwd L comm trng LF, -, cont trng LF sd & bk R, bk L ptr outsld (W bk R comm trng LF, -, cont trng LF sd & fwd L, fwd R outsld ptr) end BJO/DRW;

S 9-11  {Hvr Corte} Bk R comm trng LF, -, cont trng LF sd L hvrng, - (W fwd L comm trng LF, -, cont trng LF sd R hvrng, -);  Cont trng LF rec R, - (W cont trng LF rec L, -) end BJO/DLW;

SQS 12-13  {Tipple Chasse w/ Chkg} XLIB twd RLOD trng RF to CP fcg WALL, -;  Sd R, cl L, sd R chkg, -;

SQQQ 15-16  {Running Fwd Lks} Slightly trng body LF to BJO fwd L, lk RIB, fwd L, fwd R;  Fwd L, lk RIB, fwd L, cl R, - end BJO/DLW;

SSSS 17-20  {Slow Twisty Vine 4} Fwd R assuming CP/WALL, -;  sd L slightly trng body RF to SCAR, -;  XLIB slightly trng body LF to CP, -, sd L, - end CP/WALL;

PART B

1-8  X CHK REc; CHASSE 3; CONTRA CHK REc; CHASSE 3 TO SCP;

IN & OUT RUNS 1 & 1/2;;;; QK HES CHG;

SS 1  {X Chk Rec} CP/WALL slightly body trn LF to BJO fwd R chkg, -, rec L to CP, -;

QQS 2  {Chasse 3} Sd R, cl L, sd R, -;

SS 3  {Contra Chk Rec} Trng body LF slightly flexing knees w/ strong R-side lead fwd L chking twd DRW, -, rec R, - end CP/WALL;

QQS 4  {Chasse 3 to SCP} Sd L, cl R assuming SCP, fwd L, - end SCP/LOD;

SQ 5-7  {In & Out Runs 1 & 1/2} Fwd R comm trng RF, -, sd L acrs IF of W cont trng, bk R (W fwd L, -, fww R bww M's ft, fwd L to BJO) end BJO/RLOD;  Bk L ptr outsld comm trng RF, -, sd R bwn

SQQQ 8  {Qk Hes Chg} Bk L comm trng RF, -, cont trng RF to fc DLC sd R, draw L twd R end CP/DLC;
PART B (continued)

9-16  
TELEMARK TO BJO ~ FWD;: FWD LK FWD; MANUV SD CL; 
SPIN OVRTRN ~ V-6 ~ FWD;;;:

SSS  9-10 {Telemark to BJO} CP/DLC Fwd L comm trgng LF, -, sd R twd DLC cont trgnc to fc DRW, - (W bk R bringing L to R comm trgng LF, -, cont trgng LF on R heel and chg wgt to L, -); Assuming BJO fwd L twd DLW, - (W assuming BJO bk R, -) end BJO/DRW,
S {Fwd} Fwd R outsrd ptr, -;
QQS  11 {Fwd Lk Fwd} Fwd L, lk RIB, fwd L, -;
SQQ  12 {Manuv SD Cl} Fwd R outsrd ptr comm trgng RF, -, sd L cont trgng, cl R end CP fchg ROD;
SSS  13-16 {Spin Ovrtn} Bk L ptvg RF, -, fwd R twd DLC btwn W’s feet cont trgng to fc DRW, - (W fwd R btwn M’s feet comm trgng RF, -, sd & fwd L ptvg RF to fc DLC, -); Bk L, - end CP/DRW,
QQS  {V-6} Trng body slightly RF to BJO bk R, lk LIF; Bk R, -, bk L comm trgng LF, -; Bk & sd R trgng
SQQ LF, fwd L end BJO/DLW;
S {Fwd} Fwd R outsrd ptr, - end BJO/DLW;

PART B [MOD]

1-16  
X CHK REC; CHASSE 3; CONTRA CHK REC; CHASSE TO SCP;
IN & OUT RUNS 1 & 1/2;;;; QK HES CHG;
TELEMARK TO BJO ~ FWD;: FWD LK FWD; MANUV SD CL; 
SPIN OVRTRN ~ BK LK BK ~ BK;;; RISING LK;

1-12  Repeat meas 1-12 of part B;;;;;;;;
SSS  13-16 {Spin Ovrtn} Bk L ptvg RF, -, fwd R twd DLC btwn W’s feet cont trgng to fc DRW, - (W fwd R btwn M’s feet comm trgng RF, -, sd & fwd L ptvg RF to fc DLC, -); Bk L, - end CP/DRW,
QQS  {Bk Lk Bk} Trng body slightly RF to BJO bk R, lk LIF; Bk R, -;
S {Bk} Bk L, -;
SQQ  16 {Rising Lk} Bk & slightly sd R comm trgng LF, -, sd L cont trgng, lk RIB (W fwd L comm trgng LF, -, sd R cont trgng, lk LIF) end CP/DLC;

PART C

1-8  
LEFT PVT TO THRwy OVRSWAY;;: PIVOT 3 HOLD;;:
FWD LK FWD; QK OP REV ~ BK & CHASSE TO SCP;;;:

SSS--  1-2 {L Ptv to Slow Thry Owrsway} CP/DC fwd L comm LF pvt, -, sd R cont RF pvt, - (W bk R comm trgng LF bringing L to R w/o wgt chg, -, cl L cont trgng, -); Bk L twd LOD, trng RF on L to fc WALL slightly relax L-knee leaving R twd RLOD, stretching L-side, - (W fwd R, trgng RF on R slightly relax R-knee L ft bk under body past R, -);
S---  3-4 {Pvt 3 & Hold} Straighten body rec R comm RF pvt, -, sd L twd DRW cont RF pvt, -; Sd R twd DRW, -, -; hold end CP/DLW;
QQS  5 {Fwd Lk Fwd } Slightly trng body LF to BJO fwd L twd DLC, lk RIB, fwd L, -;
SSQQ  6-8 {Qk Op Rev} Fwd R slightly XIF comm trgng LF, -, fwd L cont trgng, - (W fwd L comm trgng LF, -, sd & bk R acrs M, -); Sd & bk R, bk L (W sd & fwd L, fwd R) end BJO/ROD,
SQQS {Bk & Chasse to SCP} Trng LF sd & bk R to CP fchg WALL, -; Sd L, cl R assuming SCP fchg LOD, fwd L, - end SCP/DLW;

9-16  
THRU TO PROM SWAY; CHG TO OVRSWAY; FALLWAY RONDE BHD;
CHASSE 3; CHK THRUC REC; TWIRL TO BJO; SLOW TWISTY VINE 4;;

SS  9 {Thru to Prom Say} SCP/LOD thru R, -, fwd L stretching body upward looking over jnd lead hnds, relaxing left knee;
---- 10 {Chg to Ovrsway} Comm sliding hips to L, cont slide hips w/ stretching L side and leaving R twd RLOD, -;
SS 11 {Fallway Ronde Bhd} Rec R to SCP fchg LOD ronde L CCW, -, XLIB to CP fchg WALL, -;
QQS 12 {Chasse 3} Sd R, cl L, sd R assuming BFLY/WALL, -;
SS 13 {Chk Thru Rec} Trng RF 1/4 to LOP fchg RLOD fwd L chkg, -, rec R trgng LF 1/4 to BFLY, -;
QQS 14 {Twirl to BJO} Sd L raising jnd lead hnds, cl R slightly trgng LF, sd & fwd L to BJO, - (W sd & fwd R comm trgng RF under jnd lead hnds, sd & bk L cont trgng, sd & bk R) end BJO/DLW;
S--- 15-16 {Slow Twisty Vine 4} Fwd R raising body assuming CP/WALL, -, sd L slightly trgng body RF to SCAR, -; XLRIB slightly trgng body LF to CP, -, sd L, - end CP/WALL;
ENDING

1-5+  SPIN OVRTRN ~ BK LK BK ~ OUTSIDE CHG TO BJO ~ FWD TO FC;
CHASSE 4; PROMENADE SWAY TO QK OVERSWAY.

SSS  1-4  {Spin Ovtn} Bk L pvtn RF, ~, fwd R twd DLC btwn W’s feet cont trng to fc DRW, ~ {W fwd R btwn M’s feet comm trng RF, ~, sd & fwd L pvtn RF to fc DLC, ~}; Bk L, - end CP/DRW,

QQS  {Bk Lk Bk} Trng body slightly RF to BJO bk R, lk LIF; Bk R, ~,

SQQ  {Outside Chg to BJO} Bk L comm trng LF ptr outsd, ~ {W fwd R outsd ptr, ~}; Bk & sd R cont trng to BJO fcg LOD, fwd L outsd ptr {W fwd L trng LF, bk R ptr outsd} end BJO/LOD,

S    {Fwd to FC} Fwd R to CP/WALL, ~;

QQQQ 5  {Chasse 4} Sd L, cl R, sd L, cl R;

Q-  +  {Promenade Sway to QK Oversway} Assuming SCP/LOD fwd L stretching R-side looking over joined lead hands, Relax L-knee stretchng L-side looking at W {W looking L};