**FITZON QUICKSTEP**

Choreographed by Andrea & John Barwick. 2016 (Revised 2019)

16 Bar sequence. Time 4/4. 48-50 bpm. Commence in closed hold. Man facing, Lady backing LOD

**LADY’S STEPS**

BAR COUNT DESCRIPTION

**NATURAL TURN / REVERSE TURN / BACK STEPS**

|  |  |  |
| --- | --- | --- |
| 1 | S | **RF** back, backing LOD |
|  | S | **LF** back, diag wall. Comm. turns R |
| 2 | Q | **RF** to side, facing diag centre |
|  | Q | **LF** closes to **RF**, facing diag centre |
|  | S | **RF** fwd, facing diag centre |
| 3 | S | **LF** fwd, facing diag centre. Comm. turns L |
|  | Q | **RF** to the side, backing diag wall |
|  | Q | **LF** closes to **RF**, backing LOD |
| 4 | S | **RF** back, backing LOD |
|  | S | **LF** back, backing LOD |

**LOCK STEP / STEP BACK, POINT / STEP FWD, POINT NATURAL TURN**

|  |  |  |
| --- | --- | --- |
| 5 | Q | **RF** back, backing LOD moving body contra |
|  | Q | **LF** locks in front of **RF**, CBMP |
|  | S | **RF** back, backing LOD moving to outside position on man’s R |
| 6 | S | **LF** back backing LOD |
|  | S | Point **RF** back, backing LOD without weight. |
| 7 | S | **RF** fwd, facing LOD. Outside position on man’s R |
|  | S | Point **LF** fwd against LOD without weight |
| 8 | S | **LF** back backing LOD |
|  | S | Turn R to face man & centre closing **RF** to **LF** without weight. Closed hold adopted |

**TIPSY ALONG LOD / TIPSY AGAINST LOD / BOX WALTZ**

|  |  |  |
| --- | --- | --- |
| 9 | Q | **RF** to side along LOD. Small step rising to ball of foot |
|  | Q | **LF** closes to **RF** on ball of feet |
|  | S | **RF** to side along LOD. Small step on ball of foot closing **LF** to **RF** without weight, lowering sharply in the knees |
| 10 | Q | **LF** to side against LOD. Small step rising to ball of foot |
|  | Q | **RF** closes to **LF** on ball of feet |
|  | S | **LF** to side against LOD. Small step on ball of foot closing **RF** to **LF** without weight, lowering sharply in the knees |
| 11 | S | Comm. Box Waltz**. RF** back, backing wall closing **LF** to **RF** without weight |
|  | Q | **LF** to the side against LOD |
|  | Q | **RF** closes to **LF** |
| 12 | S | **LF** fwd to centre closing **RF** to **LF** without weight |
|  | Q | **RF** to the side along LOD |
|  | Q | **LF** closes to **RF** |

**BACK STEPS / LOCK STEP / CHASSE’ TURN**

|  |  |  |
| --- | --- | --- |
| 13 | S | Turns L **RF** back diag wall |
|  | S | **LF** back, backing LOD |
| 14 | Q | **RF** back, backing LOD, moving body contra |
|  | Q | **LF** locks in front of **RF**, CBMP |
|  | S | **RF** back, backing LOD |
| 15 | S | **LF** back, diag wall Comm. turns R |
|  | Q | **RF** to side facing diag centre |
|  | Q | **LF** closes to **RF** facing diag centre |
| 16 | S | Turns R **RF** fwd, diag wall |
|  | S | **LF** back, backing LOD, closing **RF** to **LF** without weight |