

# 5,4,3,2,1

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Helina Abhen (INA) - April 2025

Musik: Metro Antistrofa (5,4,3,2,1) - Konstantinos Koufos



## #1 : SAMBA WHISK (R) – TURN ½ TO RIGHT, SAMBA WHISK (L) – SAMBA WHISK (R) – TURN ¼, SAMBA WHISK (L)

- 1 a 2 step R to right side (1) ball L behind R (a) step in place to R (2)  
3 a 4 turn ½ to right, step L to left side (3) ball R behind L (a) step in place to L (4)  
5 a 6 step R to right side (5) ball L behind R (a) step in place to R (6)  
7 a 8 turn ¼ to right, step L to left side (7) ball R behind L (a) step in place to L (8)

## #2 : LOCK SHUFFLE FORWARD – ROCK FWD – TURN ½ TO LEFT, STEP R BACK – STEP L BACK – BACK MAMBO – RECOVER – WALK

- 1 & 2 step R fwd (1) lock L behind R (&) step R fwd (2)  
3 & 4 step L fwd (3) turn ½ to left, step R back (&) step L back (4)  
5 & 6 step R back (5) recover to L (&) step R fwd (6)  
7 – 8 step L fwd (7) step R fwd (8)

## #3 : DIAMOND – TRIPLE FULL TURN – BATUCADA

- 1&2& cross L over R (1) step R to right side (&) turn ⅛ to left, step L back (2) hitch to R (&)  
3 & 4 step R back (3) turn ⅛ to left, step L to left side (&) step R fwd (4)  
5&6& turn ½ to right, step L back (5) recover to R (&) turn ½ to right, step L back (6) step R back (&)  
7 & 8 L hip bump (7) step L back (&) R hip bump (8)

## #4 : ROCK BACK – FLICK – STEP FWD – TURN ½ TO LEFT – CARIOCA RUN

- 1 – 2 step R back (1) recover to L with flick to R (2)  
3 – 4 Step R fwd (3) turn ½ to left, weight in L (4)  
5&6& cross R over L (5) step L to left side with body to diagonal (&) touch R diagonal fwd (6) step R side (&)  
7&8& cross L over R (7) step R to right side with body to diagonal (&) touch L diagonal fwd (8) close L beside R (&)

## TAG 1 : ROUND WALK ( 4 count )

- 1 – 4 turn ¼ to right, step R fwd (1) turn ¼ to right, step L fwd (2) turn ¼ to right, step R fwd (3) turn ¼ to right, step L fwd (4)

## TAG 2 : ROUND WALK – MAMBO FORWARD WITH SHIMMY – BACK MAMBO WITH SHIMMY ( 8 count)

- 1 – 4 turn ¼ to right, step R fwd (1) turn ¼ to right, step L fwd (2) turn ¼ to right, step R fwd (3) turn ¼ to right, step L fwd (4)  
5&6 step R fwd with shimmy (5) recover to L (&) step R back (6)  
7 & 8 step L back with shimmy (7) recover to R (&) step L fwd (8)

Tag: 4 count after walls 2 – 4 – 5

Tag: 8 count after wall 7

Good luck and happy the dance