

Five Minute Fix

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Jan Wyllie (AUS)

Musik: Five Minutes - Lorrie Morgan



FULL TURN FORWARD RIGHT, LEFT, ROCK RETURN, WALK BACK RIGHT, LEFT, ROCK RETURN

- 1-2-3-4 Step forward right, left turning full turn left (or just walk forward), rock forward on right, rock back on left
- 5-6-7-8 Walk back right, left rock/step back on right, rock forward on left

ROCK RETURN, COASTER STEP, STEP STOMP, KICK BALL TOUCH

- 9-10-11&12 Rock/step forward on right, rock back on left, step back on right, step left beside right, step forward on right
- 13-14 Step forward on left, stomp right beside left keeping weight on left
- 15&16 Kick right leg forward, step right beside left, touch left beside right (kick ball touch)

SHUFFLE LEFT, ROCK RETURN, SHUFFLE RIGHT, ROCK RETURN

- 17&18-19-20 Shuffle to the left (left, right, left), rock/step right behind left, return weight to left
- 21&22-23-24 Shuffle to the right (right, left, right), rock/step left behind right, return weight to right

SHUFFLE ¼ RIGHT, ¼ ROCK RETURN, COASTER CROSS, &CROSS ROCK

- 25&26 Making ¼ turn right shuffle back left, right, left
- 27-28 Making ¼ right rock/step right to right side, rock/return weight to left
- 29&30 Step right behind left, step left to left, step right across left
- &31-32 Step left beside right, rock/step right across left, return weight back onto left

STEP ¼ TURN HOLD, ½ TURN SHUFFLE, ROCK RETURN, SHUFFLE FORWARD

- 33-34 Making a brisk ¼ turn right step forward on right, hold
- 35&36 Making ½ turn right shuffle back left, right, left
- 37-38-39&40 Rock/step back on right, rock forward on left, shuffle forward right, left, right

STEP ¼ TURN HOLD, ½ TURN SHUFFLE, ROCK RETURN, SHUFFLE FORWARD

- 41-42 Making a brisk ¼ turn left step forward on left, hold
- 43&44 Making ½ turn left shuffle back right, left, right
- 45-46-47-48 Rock/step back on left, rock forward on right, shuffle forward left, right, left

ROCK RETURN COASTER STEP, ROCK RETURN, COASTER STEP

- 49-50-51&52 Rock/step forward on right, rock back on left, step back on right, step left beside right, step forward on right
- 53-54-55&56 Rock/step forward on left, rock back on right, step back on left, step right beside right, step forward on left

ROCK RETURN, ½ SHUFFLE, STEP PIVOT ½, SHUFFLE FORWARD

- 57-58 Rock/step forward on right, rock back on left
- 59&60 Making ½ right back over right shoulder shuffle forward right, left, right
- 61-62-63&64 Step forward on left, pivot ½ right, shuffle forward left, right, left

REPEAT

RESTART

Restart on wall 5 after count 48

