

# 5678 Steps

Count: 0

Wand: 1

Ebene: Intermediate/Advanced

Choreograf/in: Bronya Bishorek (MY)

Musik: 5,6,7,8 - Steps



Sequence: AB, ACB, ACB, C, AAB, AA

## SECTION A (THE CHORUS)

### HOLSTER GUNS RIGHT & LEFT, CHARLIE'S ANGELS POSE, REPLACE GUNS (DO THIS WITH LEGS SHOULDER WIDTH APART)

- 1-2 Make a shape of a gun with your fingers & place right gun into right hip holster
- 3-4 Repeat 1-2 with left hand
- 5-6 Take both guns out of holsters, turn body  $\frac{1}{4}$  right (pose like Charlie's Angels)
- 7-8 Pull right leg to left and stand up facing front (while placing guns back into holsters)

### GRAPEVINE RIGHT WITH SCUFF & HALF TURN, GRAPEVINE LEFT WITH SCUFF & HALF TURN (KEEP YOUR 'GUNS' IN YOUR 'HOLSTERS' FOR THIS ROUND)

- 1 Step right to right side
- 2 Step left behind right
- 3 Step right to right side
- 4 Scuff left & turn  $\frac{1}{2}$  to the right facing 6:00
- 5 Step left to left side
- 6 Step right behind left
- 7 Step left to left side
- 8 Scuff right & turn  $\frac{1}{2}$  to the left facing 12:00

### "T" STEPS FORWARD, BIG GRAPEVINE LEFT

- 1 Step right forward with body facing diagonal left
- 2 Step left behind right (making a 't' shape)
- 3 Step right forward with body facing diagonal left
- 4 Touch left behind right
- 5 Step left to left
- 6 Step right behind left (make it a big step)
- 7 Step left to left
- 8 Stomp right next to left

### SMOKIN' GUNS LEFT & RIGHT, SHIELD, AIM AND SHOOT

- 1 Step left to left side leaning over knee (while raising left gun to lips)
- 2 Lean to right side while raising right 'gun' to lips
- 3 Lean to left side while raising left arm in front of chest (to form a shield)
- 4 Lean to right side turning body  $\frac{1}{4}$  left and aiming gun charlie's angels style
- 5-8 Shoot your gun and gradually turn body  $\frac{1}{4}$  right still leaning on right leg

## SECTION B (THE PUMP)

### PUMP RIGHT & STEP, PUMP LEFT & STEP

- 1-3 Pump right leg towards the floor 3 times
- 4 Step right in place
- 5-7 Pump left leg towards the floor 3 time
- 8 Step left in place

### LASSO RIGHT, LEFT, RIGHT, LEFT

- 1-2 Use right hand like a lasso above head, finish by bringing hand down to side of body

- 3-4 Repeat above with left hand
- 5-6 Repeat above with right hand
- 7-8 Repeat above with left hand

#### **PUMP RIGHT & STEP, PUMP LEFT & STEP**

- 1-3 Pump right leg towards the floor 3 times
- 4 Step right in place
- 5-7 Pump left leg towards the floor 3 time
- 8 Step left in place

#### **LASSO TWICE & ROPE YOUR COW**

- 1-2 Use right hand like a lasso above head, finish by bringing hand down to side of body
- 3-4 Repeat above with left hand
- 5 Reach right hand to right like you're preparing to throw something
- 6 Throw right hand across the body to the left side turning body slightly
- 7 Pull right hand straight up above your head
- 8 Throw right hand down in front of body with right shoulder turned slightly forward

#### **SECTION C (THE HOE DOWN)**

##### **HEEL TOE & SKIP RIGHT, HEEL TOE & SKIP LEFT**

- 1 Place right heel forward diagonally out to right
- 2 Tap right toe across left leg
- 3&4 Skip to the right, right left right
- 5 Place left heel forward diagonally out to the left
- 6 Tap left toe across right leg
- 7&8 Skip to the left, left right left

##### **LEG FLICKS RIGHT, LEFT, RIGHT, LEFT**

- 1-2 Flick right heel up and across left, step right to right
- 3-4 Flick left heel up and behind right, step left to left
- 5-6 Flick right heel up and behind left, step right to right
- 7-8 Flick left heel up and across right, step left to left

##### **HEEL TOE & SKIP RIGHT, HEEL TOE & SKIP LEFT**

- 1 Place right heel forward diagonally out to right
- 2 Tap right toe across left leg
- 3&4 Skip to the right, right left right
- 5 Place left heel forward diagonally out to the left
- 6 Tap left toe across right leg
- 7&8 Skip to the left, left right left

##### **STEP FORWARD, HALF TURN & WHIP HIPS, REPEAT (THE WHIP)**

- 1 Step right forward
  - 2 ½ turn left keeping weight on right finish in sitting position
  - 3 Thrust left hip forward
  - 4 Whip hip back
  - 5 Stand forward on left
  - 6 ½ turn right keeping weight on left finish in sitting position
  - 7 Thrust right hip forward
  - 8 Whip hip back
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