

# Five Into One

**COPPER KNOB**  
BYEFOOTETS

**Compte:** 32

**Mur:** 4

**Niveau:** Easy Beginner



**Chorégraphe:** Nigel Hobman (ES) - May 2021

**Musique:** Lose Control - Meduza, Becky Hill & Goodboys

**Other track suggestions :-**

Black Lace - Penny Arcade

Mama Africa - Two in one

Boz Scaggs - Fly like a bird

Alan Jackson - Meat and Potato Man

The dance is named FIVE INTO ONE so as not to directly relate to a specific track. It incorporates only 5 step sequences in the one dance, for ultra beginners to practice with no tags or restarts.

I have made some other track suggestions but there are hundreds of tracks you could choose to speed it up or slow it down.

## **SECTION 1. WALK FORWARD, KICK, WALK BACK TOUCH**

1,2,3,4 Walk forward RF, LF, RF, Kick Left foot forward

5,6,7,8 Walk back LF, RF, LF, Touch RF beside LF

## **SECTION 2. GRAPEVINE RIGHT, GRAPEVINE LEFT**

1,2,3,4 RF to R side, LF behind RF, RF to R side, touch LF beside RF

5,6,7,8 LF to L side, RF behind LF, LF to L side, touch RF beside LF

## **SECTION 3. PIVOT ¼, PIVOT ¼, ROCKING CHAIR**

1,2,3,4 Step RF FWD, Make ¼ turn L recovering weight on LF - X2 (So turning ½ in total)

5,6,7,8 Rock RF FWD, Recover on LF in place, Rock RF back, Recover on RF in place

## **SECTION 4. JAZZ BOX, JAZZ BOX ¼ TURN**

1,2,3,4 Cross RF over LF, Step back on LF, Step RF to R side, Step LF beside RF

5,6,7,8 Cross RF over LF, Step back on LF, Make ¼ R Stepping RF to R side, Step LF beside RF

**I Hope this dance gets your new beginners off on the right foot - Enjoy it with your favourite music**

**Many Thanks - Nigel**

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