

5 Minute Dance

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Mary Beal (USA) - August 2012

Musique: Two Steps Forward - The Castaways : (CD: Locals Only)



Alt. music: "Time to Boogie" by Ray Benson, CD: Mad Dogs and Okies (BPM: 171)

[1-8] RIGHT TOE STRUT, LEFT TOE STRUT, SLOW COASTER, STEP, HOLD

- 1-4 Touch right toe forward on the right diagonal, drop heel, touch left toe forward on the right diagonal, drop heel
- 5-8 Step right back, step left beside right, step right forward, hold

[9-16] LEFT TOE STRUT, RIGHT TOE STRUT, SLOW COASTER, STEP, HOLD

- 1-4 Touch left toe forward on the left diagonal, drop heel, touch right toe forward on the left diagonal, drop heel
- 5-8 Step left back, step right beside left, step left forward, hold

[17-24] SKATE, HOLD, SKATE, HOLD, SKATE, SKATE, SKATE, SKATE

- 1-2 Slide right forward to right diagonal, hold
- 3-4 Slide left forward to left diagonal, hold
- 5-6 Slide right forward to right diagonal, slide left forward to left diagonal
- 7-8 Slide right forward to right diagonal, slide left forward to left diagonal

Option for faster tempo songs: Replace skates with Boogie Walks.

[25-32] STEP, TOUCH, 1/4 TURN, TOUCH, STEP, TOUCH, 1/4 TURN, TOUCH

- 1-2 Step right forward, touch left beside right
- 3-4 Turning 1/4 left step left to side, touch right beside left 9:00
- 5-6 Step right forward, touch left beside right
- 7-8 Turning 1/4 left step left to side, touch right beside left 6:00

BEGIN AGAIN!

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