

Five Minutes (P)

拍数: 32 墙数: 2 级数: Novice Partner
编舞者: David Villellas (IT) & Mercè ORRIOLS (ES) - November 2014
音乐: Dreaming In Colours - Jeff Gray : (Slow)
或: Texas As Hell - Miranda Lambert : (Fast)



Start dance: Sweetheart Position

*1-4 Right hands hold up above lady's head and Left hands let loose, Lady turns out.
*5-8 Back in Sweetheart Position, Lady turns in.

[1-8] MAN: RIGHT COASTER STEP - LEFT STOMP UP - LEFT COASTER STEP - RIGHT STOMP (RIGHT WEIGHT)

1-2 MAN: Step right back, step left together [12]
3-4 MAN: Step right forward, stomp left up next to right [12]
5-6 MAN: Step left back, step right together [12]
7-8 MAN: Step left forward, right stomp next to left (right weight) [12]

[1-8] LADY: ROLLING VINE RIGHT - TOUCH - ROLLING VINE LEFT - STOMP RIGHT (RIGHT WEIGHT)

1-2 LADY: Step right side ¼ turn right [3], ½ turn right and step left back [9]
3-4 LADY: ¼ turn right and Step right side [12], touch left next to right (right weight) [12]
5-6 LADY: Step left side ¼ turn left [9], ½ turn left and step right back [3]
7-8 LADY: ¼ turn left and step left side [12], stomp right next to left (right weight) [12]

*1-4 Left hands hold and Right hand let loose

*5-6 Partners cross each other back to back and hands loose

*7-8 Right hands back together and Left hands loose

[9-16] MAN: LEFT FORWARD - PIVOT ½ TURN RIGHT - LEFT ROCK BACK - RECOVER - VINE TO LEFT - STOMP SCUFF RIGHT (LEFT WEIGHT)

1-2 MAN: Step left forward, [12] - pivot ½ turn right (right weight) [6]
3-4 MAN: Rock left back, recover to right [6]
5-6 MAN: Step left side, cross right behind [6]
7-8 MAN: Step left side, right stomp scuff next to left (left weight) [6]

[9-16] LADY: LEFT FORWARD - PIVOT ½ TURN RIGHT - LEFT FORWARD - PIVOT ½ TURN RIGHT - VINE TO LEFT - STOMP SCUFF RIGHT (LEFT WEIGHT)

1-2 LADY: Step left forward, [12] - pivot ½ turn right (right weight) [6]
3-4 LADY: Step left forward, [6] - pivot ½ turn right (right weight) [12]
5-6 LADY: Step left side, cross right behind [12]
7-8 LADY: Step left side, right stomp scuff next to left (left weight) [12]

[17-20] MAN: RIGHT COASTER STEP - SCUFF LEFT - Both VINE TO LEFT - STOMP SCUFF RIGHT

1-2 MAN: Step right back, step left together [6]
3-4 MAN: Step right forward, stomp scuff left up next to right [6]

[17-20] LADY: RIGHT FORWARD - PIVOT ½ TURN LEFT - RIGHT FORWARD - STOMP SCUFF LEFT (RIGHT WEIGHT)

1-2 LADY: Step right forward, [12] - pivot ½ turn left (left weight) [6]
3-4 LADY: RV zet voor - LV scuff voor [6]
5-8 Hands back in Sweetheart position

MAN & LADY: 21-24 VINE TO LEFT - STOMP SCUFF RIGHT

5-6 Step left side, cross right behind [6]
7-8 Step left side, right stomp scuff next to left (left weight) [6]

**MAN & LADY: 25-32: RIGHT ROCK BACK - RECOVER - STOMP UP RIGHT - STOMP RIGHT FORWARD
- ¼ TURN RIGHT & LEFT SIDE STEP - HOOK RIGHT - ¼ TURN LEFT & STEP BAK RIGHT - STOMP LEFT
(LEFT WEIGHT)**

- 1-8 Hands in Sweetheart position
- 1-2 Rock right back, recover to left [6]
- 3-4 Stomp left up next to right, stomp right step foreward (Right) [6]
- 5-6 ¼ turn right and step left side [9], hook right up [9]
- 7-8 ¼ turn left and step right back [6], left stomp next to right (left weight) [6]

REPEAT

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