

5 O'Clock Dance

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Debbie Rushton (UK) - May 2022
音乐: 5 O'clock Dance - Casey Donovan



Intro: 8 Counts, Start at approx 5 secs

SEC 1: Shuffle, Shuffle, Rock, Coaster Step

1&2 Step left forward, step right beside left, step left forward
3&4 Step right forward, step left beside right, step right forward
5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right beside left, step left forward

SEC 2: Step, ½ Pivot, Shuffle, Kick & Kick, Scuff Hitch Step,

1-2 Step right forward, pivot ½ left transferring weight onto left (6:00)
3&4 Step right forward, step left beside right, step right forward
5&6& Kick left forward, step left beside right, kick right forward, step right beside left
7&8 Scuff left forward, hitch left, step left forward

SEC 3: Rock, ½ Shuffle, ½ Back Shuffle, ½ Shuffle

1-2 Rock right forward, recover weight onto left
3&4 Turn ¼ right step right to right, step left beside right, turn ¼ right step right forward (12:00)
5&6 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (6:00)
7&8 Turn ¼ right step right to right, step left beside right, turn ¼ right step right forward (12:00)

SEC 4: ¾ Jazz Box, Extended Weave

1-2 Cross left over right, turn ¼ left step right back (9:00)
3-4 Turn ¼ left step left forward, turn ¼ left step right to right (3:00)
5&6& Step left behind right, step right to right, cross left over right, step right to right
7&8 Step left behind right, step right to right, cross left over right

SEC 5: ¼ Shuffle, ½ Back Shuffle, ¼ Side Rock, ¼ Weave

1&2 Turn ¼ right step right forward, step left beside right, step right forward (6:00)
3&4 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (12:00)
5-6 Turn ¼ right rock right to right, recover weight onto left (3:00)
7&8 Step right behind left, turn ¼ left step left forward, step right forward (12:00)

SEC 6: Shuffle, Shuffle, Heel Switches, Hook, Step

1&2 Step left forward, step right beside left, step left forward
3&4 Step right forward, step left beside right, step right forward
5&6& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
7&8 Touch left heel forward, hook left over right, step left forward

SEC 7: Step, ½ Pivot, ½ Shuffle, Back, Touch, Sit, Recover

1-2 Step right forward, pivot ½ left transferring weight onto left (6:00)
3&4 Turn ¼ left step right to right, step left beside right, turn ¼ left step right back (12:00)
5-6 Step left back, touch right forward
7-8 Sit into left hip, recover to standing keeping weight on left

Note In the chorus on count 7, Take a Selfie

SEC 8: Jazz Box, Cross, Side, Slide, Cross, ¾ Unwind

1-2 Cross right over left, step left back
3-4 Step right to right, cross left over right

- 5-6 Step right to right, drag left towards right
7-8 Cross left over right, unwind $\frac{3}{4}$ turn right transferring weight onto right (9:00)

Tag: At the end of Wall 2

Side Rock, Weave, Side Rock, Weave

- 1-2 Rock left to left, recover weight onto right
3&4 Step left behind right, step right to right, cross left over right
5-6 Rock right to right, recover weight onto left
7&8 Step right behind left, step left to left, cross right over left
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