

5-1-5-0

拍数: 48 墙数: 4 级数: High Intermediate
编舞者: Krista Young (USA) - November 2022
音乐: 5-1-5-0 - Dierks Bentley



Intro: 32 counts, start with lyrics

Sequence: Lyric Dance, TAG, Lyric Dance, Instrumental Dance, Lyric Dance, TAG, Lyric Dance x2, Instrumental Dance [1-8], Instrumental Dance x2, Lyric Dance x2, Instrumental Dance

Lyric Dance:

[1-8] Step Heel, Step Toe, Shuffle Step, Paddle Turns

1-2 Step L ft fwd, touch R heel fwd
3-4 Step R ft back, touch L toe back
5&6 Step L ft fwd, step R ft together, step L ft fwd
7-8 Two paddle turns using R ft, completing total of ¼ turn L

[9-16] Step Touch, ¼ Turn Box Step, Scuff Hip Bump

1-2 Step R ft in front of L, touch L ft to L side
3-4 Step L ft in front of R, step R ft back into ¼ turn L
5-6 Step L ft fwd, scuff R ft fwd
7&8 Touch R toe fwd, R hip up, R hip down

[17-24] Repeat [1-8] on Opposite Side

1-2 Step R ft fwd, touch L heel fwd
3-4 Step L ft back, touch R toe back
5&6 Step R ft fwd, step L ft together, step R ft fwd
7-8 Two paddle turns using L ft, completing total of ¼ turn R

[25-32] Repeat [9-16] on Opposite Side

1-2 Step L ft in front of R, touch R ft to R side
3-4 Step R ft in front of L, step L ft back into ¼ turn R
5-6 Step R ft fwd, scuff L ft fwd
7&8 Touch L toe fwd, L hip up, L hip down

Instrumental Dance:

[1-8] Shuffle Step, Rock-Rec, Shuffle Step, Rock-Rec

1&2 ¼ turn R into step L ft to L side, step R ft together, step L ft to L side
3-4 Rock back on R (behind L ft), recover on L
5&6 Step R ft to R side, step L ft together, step R ft to R side
7-8 Rock back on L (behind R ft), recover on R

[9-16] Shuffle Step, ¼ Turn, Shuffle Back, Step Step

1&2 Step L ft to L side, step R ft together, step L ft to L side
3-4 ¼ turn R into step back on R ft, ½ turn R into step fwd on L ft
5&6 Step back on R, step together on L, step back on R
7-8 Step back on L, step back on R (can make these knee pops for added flair)

TAG: A couple times in the music (noted in "Sequence" at the top) there is an extra 7&8 count in the music – you will do an extra hip bump.