

9 to 5 With Friends

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Jennifer Boyer (USA) - June 2024
音乐: 9 To 5 - Dolly Parton

级数: Absolute Beginner



Intro: Start on lyrics

Dancers form a line with their friends, with hands placed behind the back of the dancer beside them. Recommended group size is 2-6 people. Put the more experienced dancers on the outsides. They will need to move quicker on the shuffles while the middle dancers barely move with their shuffles. Dancers on the left side will move backwards with their shuffles.

(1-8) Heel, cross toe, heel, together (2 times)

- 1-4 Touch right heel forward, cross right toe over left foot, touch right heel forward again, step right foot next to left foot.
- 5-8 Touch left heel forward, cross left toe over right foot, touch left heel forward again, step left foot next to right foot.

(9-16) Step, together, step, touch (2 times)

- 1-4 Step right foot forward, step left foot next to right foot, step right foot forward, touch left foot next to right foot.
- 5-8 Step left foot forward, step right foot next to left foot, step left foot forward, touch right foot next to left foot.

(17-24) Step Back & kick 4 times

- 1-2 Step back on right foot and kick left foot forward
- 3-4 Step back on left foot and kick right foot forward
- 5-6 Step back on right foot and kick left foot forward
- 7-8 Step back on left foot and kick right foot forward

(25-32) 4 shuffle steps (triples) turning 1/4 to the left

- 1&2 Shuffle right foot
- 3&4 Shuffle left foot
- 5&6 Shuffle right foot
- 7&8 Shuffle left foot – Use all 4 shuffles to turn a quarter to the left.

Repeat until music ends
