

# 9 To 5

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Victor van der Meer (AUS)  
音乐: 9 To 5 - Dolly Parton



## WALK FORWARD, K-B-C, STEP, BUMP HIPS, COASTER STEP

1-2                      Step right forward, step left forward  
3&4                      Kick right forward, step right next to left, step left in place  
5-6                      Step right forward bumping hips forward right twice  
7&8                      Step left foot back, step right next to left, step left forward

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## STEP FORWARD, PIVOT, SHUFFLE TURNS BACK, ROCK

1-2                      Step right forward, pivot ½ turn left  
3&4                      Shuffle forward right-left-right  
5&6                      Turn ½ turn right on right to shuffle back left-right-left  
7-8                      Step/rock right back, rock forward onto left

## SCUFF OUT-OUT, TWIST X 3, LEFT SAILOR, RIGHT SAILOR

1&2                      Scuff right beside left, stepping right to right side, step left in place  
3&4                      Twist heels to right, twist toes to right, twist heels to right (moving slightly right)  
5&6                      Step left behind right, step right to right side, step left in place  
7&8                      Step right behind left, step left to left side, step right in place

## HEEL JACK, HEEL JACK, STEP/ROCK ½ TURN, SHUFFLE (SPIN 1 ½)

1&2&                      Cross left over right, step right to right side, tap left heel out 45 degrees, step left in place  
3&4&                      Cross right over left, step left to left side, tap right heel out 45 degrees, step right in place  
5-6                      Step/rock left forward, rock back on right turning ½ turn left  
7&8                      Step left foot forward, step right next to left, step left forward

Adv: spin 540 degrees left stepping left-right-left

## REPEAT

## TAG

After 8 counts into the 4th routine

## STEP RIGHT, LEFT, SAMBA, STEP LEFT, RIGHT, SAMBA

1-2                      Step right forward, step left forward  
3&4                      Step/rock right to right side, replace weight to left, stomp right together  
5-6                      Step left forward, step right forward  
7&8                      Step/rock left to left side, replace weight to right, stomp left together