

9 To 5

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sharon Walton (UK)
音乐: 9 To 5 - Dolly Parton



STEP, LOCK, SHUFFLE FORWARD, SCUFF, STEP, LOCK, SHUFFLE FORWARD, SCUFF

1& Step forward on right, lock left behind right
2&3 Step forward right, close left beside right, step forward right
4 Scuff left forward
5& Step forward on left, lock right behind left
6&7 Step forward left, close right beside left, step forward left
8 Scuff right forward

MAMBO ROCKS AND RECOVER, TOE HEEL STOMP, REVERSE SHUFFLE TURN LEFT

9&10 Rock forward on right, rock back on left, step right on place
11&12 Rock back on left, rock forward on right, step left in place
13&14 Touch right toe to left instep, touch right heel to left instep, stomp right slightly forward
15&16 Cross left behind right make ½ turn left, stepping right forward, step left to left side

ROCK, WEAVE RIGHT WITH ¼ TURN RIGHT, WALK FORWARD, ROCK AND RECOVER

17&18 Cross rock right over left, step back left, step right in place
19&20 Cross left over right, step right to right side, cross left behind right
&21 Step right ¼ turn right, walk forward on left
22 Walk forward on right
23&24 Rock forward on left, rock back on right, step left in place

SHUFFLE BACK, ROCK AND RECOVER, HEEL BALL TOUCH & TWICE

25&26 Step back right, close left beside right, step back right
27&28 Rock back on left, rock forward on right, step left beside right
29& Touch right heel forward, step ball of right foot beside left
30& Touch ball of left beside right, step left in place
31& Touch right heel forward, step ball of right foot beside left
32& Touch ball of left beside right, step left in place

REPEAT

TAG

To be danced after 3rd repetition only

TOE HEEL STOMP TWICE, SHUFFLE BACK, COASTER STEP

1&2 Touch right toe to left instep, touch right heel to left instep, stomp right slightly forward
3&4 Touch left toe to right instep, touch left heel to right instep, stomp left slightly forward
5&6 Step back right, close left beside right, step back right
7&8 Step back left, step right beside left, step forward left