

9:2:5

拍数: 0 墙数: 4 级数: Intermediate/Advanced
编舞者: Toni Holmes (UK)
音乐: 9 To 5 - Dolly Parton



Sequence: ABB, ABB, BBB

PART A

SIDE RIGHT, CHASSE RIGHT, SIDE LEFT, CHASSE LEFT ¼ TURN LEFT

1-2 Step right to right side, close left to meet
3&4 Step right to right side, close left to meet, step right to right side
5-6 Step left to left side, close right to meet
7&8 Shuffle ¼ turn left stepping left, right, left

FORWARD ROCK, BACKWARDS SHUFFLE, BACKWARDS TOE STRUTS TWICE

1-2 Rock forward on right, rock back onto left
3&4 Step back right, close left to meet, step back right
5-6 Step back on left toe drop heel
7-8 Step back on right toe drop heel

HEEL STRUTS FORWARD, FORWARD ROCK, SHUFFLE BACK

1-2 Step forward on left heel drop toe
3-4 Step forward on right heel drop toe
5-6 Rock forward on left, rock back onto right
7&8 Step back on left, close right to meet, step back on left

BACK ROCK, SHUFFLE ½ TURN LEFT, SHUFFLE ½ TURN RIGHT

1-2 Rock back on right, rock forward on left
3&4 Shuffle ½ turn left stepping right, left, right
5-6 Rock back on left, rock forward on right
7&8 Shuffle ½ turn right stepping left, right, left

BACK ROCK, 3X PADDLE TURNS RIGHT, RIGHT TOUCH

1-2 Rock back on right, rock forward on left
3-4 Touch right to right side, paddle ¼ turn left
5-6 Touch right to right side, paddle ¼ turn left
7&8 Touch right to right side, paddle ¼ turn left, tap left to right

PART B (9:2:5)

MAMBO LEFT, MAMBO BACK (ANGLED), RIGHT SAILOR, LEFT SAILOR

1&2 Rock left to left side (9:00) rock onto right close left to right
Hand (optional): stretch out both arms at shoulder height and hold up nine fingers
3&4 Rock back on left (5:00) close left to right
Hand (optional): stretch out right arm at shoulder height and hold up five fingers
5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, step right to right side, step left to left side

On steps 3&4 twist body around to the left so that the rock is towards the 5:00 position on a clock, then as closing left to right straighten up to face original wall

CROSS UNWIND ¾ TURN RIGHT, FORWARD ROCK, SYNCOPATED WEAVE RIGHT

1-2 Cross right behind left, unwind ¾ turn right
3-4 Rock forward on left, rock back on right

- &5 Step left behind right
- &6 Step right to right side, step left across right
- &7 Step right to right side, step left behind right
- &8 Step right to right side, step left across right

SIDE ROCK, STEP BEHIND ¼ TURN LEFT, WALKS, FORWARD ROCK, COASTER

- 1-2 Rock right to right side, rock on left
- 3&4 Cross right behind left make ¼ turn left step forward left, right
- 5-6 Rock forward on left, rock back on right
- 7&8 Step back on left, step back on right, step forward left

STOMPS WITH ANGLES, FORWARD SHUFFLE ¾ TURN, BACK MAMBO

- 1 Stomp right across left (angled at 9:00)
- 2 Stomp back on left (angled at 5:00)
- 3&4 Step forward right, close left to meet, step forward right
- 5-6 Make a ¾ turn right stepping left, right, left
- 7&8 Rock back on right, rock onto left, close right to left

Start the dance after 8 counts, this is when the music hits a high note and is before the start of the lyrics.
