

5 O'Clock Dance

COPPER **KNOB**
STEPSHEETS

拍数: 80 墙数: 2
编舞者: Knox Rhine (USA) - January 2011
音乐: 5 O'Clock Dance - Marlee Scott

级数: Phrased Intermediate



32 count intro, 1 Tag, 1 Restart

RIGHT HEEL, TOGETHER, HEEL, HEEL, LEFT TOGETHER, HEEL, HEEL

- 1 Tap RIGHT heel forward
- 2 Touch RIGHT toe next to left foot
- 3 Tap RIGHT heel forward
- 4 Tap RIGHT heel forward
- & Step RIGHT foot beside left foot
- 5 Tap LEFT heel forward
- 6 Touch LEFT toe next to right foot
- 7 Tap LEFT heel forward
- 8 Tap LEFT heel forward
- & Step LEFT foot beside right foot

STEP, PIVOT, STEP, PIVOT, HEEL-TOE STRUTS

- 9 Step forward with RIGHT toe/ball
- 10 Pivot 1/2 turn left on ball of LEFT foot
- 11 Step forward with RIGHT toe/ball
- 12 Pivot 1/2 turn left on ball of LEFT foot
- 13 Step forward with RIGHT heel
- 14 Drop RIGHT toe down
- 15 Step forward with LEFT heel
- 16 Drop LEFT toe down

1/4 TURN JAZZ BOX, JAZZ BOX

- 17 Step across in front of left leg with RIGHT foot
- 18 Step back with LEFT foot
- 19 Step 1/4 turn right with RIGHT foot
- 20 Step forward with LEFT foot
- 21 Step across in front of left leg with RIGHT foot
- 22 Step back with LEFT foot
- 23 Step to right side with RIGHT foot
- 24 Step together with LEFT foot next to right foot

HEEL SPLITS, TOE SPLITS, SIDE, TOUCH, SIDE, TOUCH

- 25 Split BOTH heels apart
- 26 Close BOTH heels together
- 27 Split BOTH toes apart
- 28 Close toes together
- 29 Step RIGHT foot to right side
- 30 Touch LEFT toe beside right foot
- 31 Step LEFT foot to left side
- 32 Touch RIGHT toe beside left foot

KICK, KICK, OUT-OUT, CLAP,

- 33 Kick RIGHT foot forward
- 34 Kick RIGHT foot forward

& Step RIGHT foot to right side
35 Step LEFT foot to left side
36 Clap

IN-IN, CLAP, KICK, KICK

& Step RIGHT foot to center
37 Step LEFT foot beside right foot
38 Clap
39 Kick RIGHT foot forward
40 Kick RIGHT foot forward

ROCK, STEP BACK 1/2 PIVOT, ROCK BACK 1/4 PIVOT

41 Step RIGHT foot forward
42 Rock back onto LEFT foot
43 Touch RIGHT toe behind left heel
44 Pivot 1/2 turn right on ball of RIGHT foot
45 Step LEFT foot forward
46 Rock back onto RIGHT foot
47 Touch LEFT toe behind right heel
48 Pivot 1/4 left on ball of LEFT foot

STEP, HOLD, STEP, HOLD, SWING HIPS RIGHT, SWING HIPS LEFT

49-50 Step RIGHT foot forward, Hold
51-52 Step LEFT foot forward, Hold
53 Step RIGHT foot/hip to right side
& Swing hips to center
54 Swing hips to right side
55 Swing hips to left side
& Swing hips to center
56 Swing hips to left side

STEP 1/4 TURNS WITH HANDS RAISED

Raise hands palms forward, rock palms to right on the step, to the left on the turn

57 Step RIGHT foot forward
58 Pivot 1/4 turn left on ball of left foot
59 Step RIGHT foot forward
60 Pivot 1/4 turn left on ball of left foot
61 Step RIGHT foot forward
62 Pivot 1/4 turn left on ball of left foot
63 Step RIGHT foot forward
64 Pivot 1/4 turn left on ball of left foot

SAILOR STEP, CROSS, UNWIND – TWICE

65 Step RIGHT foot across behind left leg
& Step LEFT foot to left side
66 Step RIGHT foot right side
67 Step LEFT toe/ball behind right heel
68 Unwind 1/2 turn left on ball of LEFT foot
69 Step RIGHT foot across behind left leg
& Step LEFT foot to left side
70 Step RIGHT foot right side
71 Step LEFT toe/ball behind right heel
72 Unwind 1/2 turn left on ball of LEFT foot

COASTER STEP, BACK, BACK, COASTER STEP, FORWARD, FORWARD

73 Step RIGHT foot forward
& Step LEFT foot beside right foot
74 Step RIGHT foot back
75 Step LEFT foot back
76 Step RIGHT foot back
77 Step LEFT foot back
& Step RIGHT foot beside left foot
78 Step LEFT foot forward
79 Step RIGHT foot forward
80 Step LEFT foot forward

Pattern: 32 count intro, 80, 80, *16, *64, *48, *1

***16 - tag repeat steps 65-80 (Sailors and Coasters)**

***64 - dance counts 1-64 (beginning through 1/4 turns)**

***48 - Restart dance count 33-80 (Kick-Kick to end)**

***1 - Ending: Step RIGHT foot 1/4 right to end dance**

Music breakdown: There are 3 sections to each full pattern found in the music.

Part 1: Verse is counts 1-32

Part 2: Chorus is count 33-64

Part 3: 5 O'clock dance is counts 65-80

With this in mind you can visualize the whole dance as follows:

Intro - 123 - 123 - 3 - 12 - 23 - end
