

# 5 Minute Dance

**COPPER KNOB**  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Mary Beal (USA) - August 2012  
音乐: Two Steps Forward - The Castaways : (CD: Locals Only)



**Alt. music: "Time to Boogie" by Ray Benson, CD: Mad Dogs and Okies (BPM: 171)**

**[1-8] RIGHT TOE STRUT, LEFT TOE STRUT, SLOW COASTER, STEP, HOLD**

- 1-4                      Touch right toe forward on the right diagonal, drop heel, touch left toe forward on the right diagonal, drop heel
- 5-8                      Step right back, step left beside right, step right forward, hold

**[9-16] LEFT TOE STRUT, RIGHT TOE STRUT, SLOW COASTER, STEP, HOLD**

- 1-4                      Touch left toe forward on the left diagonal, drop heel, touch right toe forward on the left diagonal, drop heel
- 5-8                      Step left back, step right beside left, step left forward, hold

**[17-24] SKATE, HOLD, SKATE, HOLD, SKATE, SKATE, SKATE, SKATE**

- 1-2                      Slide right forward to right diagonal, hold
- 3-4                      Slide left forward to left diagonal, hold
- 5-6                      Slide right forward to right diagonal, slide left forward to left diagonal
- 7-8                      Slide right forward to right diagonal, slide left forward to left diagonal

**Option for faster tempo songs: Replace skates with Boogie Walks.**

**[25-32] STEP, TOUCH, 1/4 TURN, TOUCH, STEP, TOUCH, 1/4 TURN, TOUCH**

- 1-2                      Step right forward, touch left beside right
- 3-4                      Turning 1/4 left step left to side, touch right beside left 9:00
- 5-6                      Step right forward, touch left beside right
- 7-8                      Turning 1/4 left step left to side, touch right beside left 6:00

**BEGIN AGAIN!**

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