

5 More Minutes

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jef Camps (BEL) & Heather Barton (SCO) - May 2017
音樂: Five More Minutes - Scotty McCreery



#16 count intro

S1: SIDE, CROSS ROCK/RECOVER, ¼ FWD WITH SWEEP, CROSS, BACK, BACK WITH SWEEP, CROSS, BACK, ½ FWD, STEP, ½ PIVOT

1-2& LF big step side, RF cross over LF, recover on LF
3-4& ¼ turn R & RF step fwd while sweeping LF fwd, LF cross over RF, RF step back (3:00)
5-6& LF step back (slightly diagonal L) while sweeping RF, RF cross over LF, LF step back
7-8& ½ turn R & RF step fwd, LF step fwd, ½ turn R putting weight on RF □ (3:00)

S2: ¼ SIDE, BEHIND, ¼ FWD, ¼ NC DIAMOND, SWAYS, CROSS, SIDE ROCK/RECOVER, CROSS

1-2& ¼ turn R & LF big step side, RF cross behind LF, ¼ turn L & LF step slightly fwd □ (3:00)
3-4& RF big step side, 1/8 turn L & LF step back, RF step back
5-6 1/8 turn L & LF step side & sway hips L, recover on RF while swaying hips R □ (12:00)
7&8& LF cross over RF, RF step side, recover on LF, RF cross over LF

S3: ¼ FWD & SWEEP ¼ TURN, CROSS, 1/8 COASTER STEP, PRISSY WALKS, STEP, ½ PIVOT, ½ BACK, SWEEP

1-2 ¼ turn L & LF step fwd while sweeping RF forward making another ¼ turn L, RF cross over LF
3&4 1/8 turn R & LF step back, RF close next to LF, LF step fwd □ (7:30)
5-6 RF step fwd (slightly across LF), LF step fwd (slightly across RF)
7&8 RF step fwd, ½ turn L putting weight on LF, ½ turn L & RF step back while sweeping LF bwd

S4: BEHIND, 1/8 SIDE, CROSS, UNWIND FULL TURN, SIDE ROCK/RECOVER, WEAVE, SWEEP, BEHIND, SIDE, CROSS ROCK/RECOVER

1&2 LF cross behind RF, 1/8 turn R & RF step side, LF cross over RF (9:00)
&3-4 Make a full turn R on your LF into a side step with RF, recover on LF
5&6 RF cross over LF, LF step side, RF cross behind LF & sweep LF bwd
7&8& LF cross behind RF, RF step side, LF cross over RF, recover on RF

Start over & have fun!

Restarts: -

In wall 4 after 12 counts: just make an 1/8 turn L to restart the dance to 3:00.

In wall 7 after 20 counts: recover on RF on the &-count to restart the dance to 3:00.

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