5 More Minutes

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& ¹/₄ 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& ¹/₂ turn R & RF step fwd, LF step fwd, ¹/₂ 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, ¹/₂ turn L putting weight on LF, ¹/₂ 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.

Jef Camps - info@littlejeff.be Heather Barton - Hcbootleggers26@aol.com





拍數: 32

牆數:4