

9 to 5

拍數: 32 牆數: 2 級數: Beginner / Novelty
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音樂: 9 To 5 - Dolly Parton



S1: KICK BALL ROCK, KICK BALL ROCK, JAZZ BOX, SCISSOR STEP

1&2& kick R fwd, step R together, step L to L, recover on R
3&4& kick L fwd, step L together, step R to R, recover on L
5&6& cross R over L, step L slightly back, step R to R, cross L over L
7&8 step R to R, step L together, cross R over L

S2: SHUFFLE LOCK*, SHUFFLE LOCK*, MAMBO STEP**, SYNCOPATED TURNING JUMP x3

1&2 turn 1/8 L (10:30) and step L fwd, step lock R together, step L fwd
3&4 turn 1/4 R (1:30) and step R fwd, step lock L together, step R fwd
5&6 turn 1/8 L (12:00) and step L fwd, recover on R, step L together
7&8 turn 1/4 L (9:00) and jump on place, turn 1/4 L (6:00) and jump on place, turn 1/4 L (3:00) and jump on place

Optional:

* On count 1 and 3 you can prep the step hitching with on a & count

** 5&6 step L fwd with press on the floor, jump R back, step L together

S3: RUMBA BOX, SHUFFLE, JAZZ STOP

1&2& step R to R, step L together, step R fwd, touch L toe together
3&4& step L to L, step R together, step L back, touch R toe together
5&6 step R to R, step L together, step R to R
7&8 cross L over R, step R slightly back, step L apart with freeze

S4: WALK x2, SHUFFLE, BACK ROCK, SHUFFLE (OPTIONAL: STOMP x3 L-R-L fwd)

1-2 turn 1/4 L (12:00) and step R fwd, turn 1/4 L (9:00) and cross L over R
3&4 turn 1/4 L (6:00) and step R back, step L together, step R back
5-6 step L back, recover on R
7&8 step L fwd, step R together, step L fwd (optional: stomp L fwd, stomp R fwd, stomp L fwd)

Repeat

TAG: KICK BALL ROCK, KICK BALL ROCK, JAZZ BOX (at the end of 3rd wall, facing 6:00)

1&2& kick R fwd, step R together, step L to L, recover on R
3&4& kick L fwd, step L together, step R to R, recover on L
5-8 cross R over L, step L slightly back, step R to R, step L fwd