

5 Years Later

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chrissie Trent (NZ) - January 2020
音樂: 5 Years Later - Leo Stannard



Intro: 16 Counts - start on lyrics

Sequence of Dance: 64, 62 (tag1), 64, 64, 30 (tag2), 12 (tag3), 64, 30 (ending)

[1 – 8] SIDE ROCK, RECOVER, SHUFFLE ACROSS, SIDE, 1/2 HINGE, SHUFFLE ACROSS

1-2 Step R side, Recover on L
3&4 Shuffle across R-L-R
5-6 Step L side, 1/2 hinge right stepping R to side
7&8 Shuffle across L-R-L (6:00)

[9 – 16] SIDE ROCK, RECOVER, SHUFFLE ACROSS, SIDE, 1/2 HINGE, SHUFFLE ACROSS

1-2 Step R side, Recover on L
3&4 ### Shuffle across R-L-R ### (TAG & Restart 3 here)
5-6 Step L side, 1/2 hinge right stepping R to side
7&8 Shuffle across L-R-L (12:00)

[17 – 24] FWD, DRAG, FWD, DRAG, ROCK, RECOVER, SHUFFLE BACK

1-2 Large step fwd R, Dragging L to meet R
3-4 Large step fwd L, Dragging R to meet L
5-6 Rock R fwd, Recover L
7&8 Shuffle back R-L-R (12:00)

[25 – 32] TOUCH, UNWIND, FWD, POINT, FWD, POINT, FWD, POINT

1-2 Touch L behind R, Unwind 1/2 turn to left
3-4 Step fwd R, Point L to side
5-6 ## Step fwd L, Point R to side ## (TAG & RESTART 2 here)
7-8 Step fwd R, Point L to side (6:00)

[33 – 40] CROSS, BACK, BACK, CROSS, BACK, 1/2 TURN, FWD, 1/2 TURN

1-2 Cross L over R, Step back R
3-4 Step back L, Cross R over L
5-6 Step back L, 1/2 turn right stepping fwd on R (12:00)
7-8 Step fwd L, 1/2 pivot right keeping weight on R (6:00)

[41 – 48] FWD, HOLD, FULL TURN, FWD, RECOVER, COASTER STEP

1-2 Step fwd L, Hold
3-4 Full turn left stepping R-L
5-6 Rock fwd R, Recover L
7&8 R coaster step (6:00)

[49 – 56] FWD, SWEEP, FWD, SWEEP, FWD, TAP, SHUFFLE BACK

1-2 Step fwd L, Sweep R fwd
3-4 Step fwd R, Sweep L fwd
5-6 Step fwd L, Tap R toe behind L heel
7&8 Shuffle back R-L-R (6:00)

[57 – 64] ROCK BACK, RECOVER, SHUFFLE FWD, FWD, 1/4 TURN, CROSS ROCK, RECOVER

1-2 Rock back L, Recover R

3&4 Shuffle fwd L-R-L
5-6 # Step fwd R, 1/4 turn left weight on L # (TAG & RESTART 1 here)
7-8 Rock R across L, Recover L (3:00)

REPEAT DANCE IN NEW DIRECTION

TAG & RES 1: # WALL 2 - dance up to & including Count 62 (1/4 turn Left) then:
[1 – 10] CROSS, SIDE, BEHIND, 1/4 TURN, FWD, 3/4 TURN, SIDE, BEHIND, SIDE, CROSS
1 - 4 Cross R over L, Step L side, Cross R behind L, 1/4 turn left Step fwd L
5 - 8 Step fwd R, 3/4 turn keeping weight on L, Step R side, Cross L behind R
1-2 Step R side, Cross L over R - Restart dance (6:00)

TAG & RES 2: ## WALL 5 - dance up to & including Count 30 (Point R side) then:
[1 – 2] TOUCH, HOLD
1-2 Touch R next to L, Hold - Restart dance (6:00)

TAG & RES 3: ### WALL 6 - dance up to & including Count 12 (Shuffle Across) then:
[1 – 4] SIDE, ROCK BACK, RECOVER, STEP 1/2 PIVOT
1-2 Step L side, Rock back R
3-4 Recover L, Step fwd R 1/2 Pivot L (keep weight on L) - Restart dance (6:00)

ENDING: WALL 8 - dance up to & including Count 30 (Point R to side) then:
[1 – 2] FWD, 1/4 TURN
1-2 Step fwd R, 1/4 turn left to face front
