

Five Into One

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Nigel Hobman (ES) - May 2021
音樂: Lose Control - Meduza, Becky Hill & Goodboys



Other track suggestions :-

Black Lace - Penny Arcade

Mama Africa - Two in one

Boz Scaggs - Fly like a bird

Alan Jackson - Meat and Potato Man

The dance is named FIVE INTO ONE so as not to directly relate to a specific track. It incorporates only 5 step sequences in the one dance, for ultra beginners to practice with no tags or restarts.

I have made some other track suggestions but there are hundreds of tracks you could choose to speed it up or slow it down.

SECTION 1. WALK FORWARD, KICK, WALK BACK TOUCH

1,2,3,4 Walk forward RF, LF, RF, Kick Left foot forward
5,6,7,8 Walk back LF, RF, LF, Touch RF beside LF

SECTION 2. GRAPEVINE RIGHT, GRAPEVINE LEFT

1,2,3,4 RF to R side, LF behind RF, RF to R side, touch LF beside RF
5,6,7,8 LF to L side, RF behind LF, LF to L side, touch RF beside LF

SECTION 3. PIVOT ¼, PIVOT ¼, ROCKING CHAIR

1,2,3,4 Step RF FWD, Make ¼ turn L recovering weight on LF - X2 (So turning ½ in total)
5,6,7,8 Rock RF FWD, Recover on LF in place, Rock RF back, Recover on RF in place

SECTION 4. JAZZ BOX, JAZZ BOX ¼ TURN

1,2,3,4 Cross RF over LF, Step back on LF, Step RF to R side, Step LF beside RF
5,6,7,8 Cross RF over LF, Step back on LF, Make ¼ R Stepping RF to R side, Step LF beside RF

I Hope this dance gets your new beginners off on the right foot - Enjoy it with your favourite music

Many Thanks - Nigel

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