

# Five Into One

**COPPER KNOB**  
STEPSHEETS

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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