

# 5 Foot 9

拍數: 32      牆數: 4      級數: Improver  
編舞者: Candace Jajo-Burns (USA) - July 2022  
音樂: 5 Foot 9 - Tyler Hubbard



\*\*\* 2 restarts

Intro – 16 counts

## S1 Heel, Hook, heel, shuffle to the R, LF rock recover, shuffle to the L

1&2      Place RF heel forward, hook RF over LF, place RF heel forward  
3&4      Shuffle to R (step RF to R, close LF next to RF, step RF to R)  
5-6      Rock LF across RF, recover on RF  
7&8      Shuffle to L (step LF to L, close RF next to LF, step LF to L)

## S2 Heel & heel, heel-hook-heel-hook, paddle ¼, paddle ¼ turn

1&2&      Place RF heel forward, close RF next to LF, place LF heel forward, close LF next to RF  
3&4&      Place RF heel forward, hook RF, place RF heel forward, hook RF  
5-6      Paddle ¼ turn over L shoulder with RF (step RF forward, push with RF to make a ¼ turn over L shoulder)  
7-8      Paddle ¼ turn over L shoulder with RF (step RF forward, push with RF to make a ¼ turn over L shoulder)

## S3 Cross shuffle, pivot 1/2 turn, step, box step

1&2      Cross shuffle L (cross RF over LF, step LF to L, cross RF over L)  
3&4      Step LF to L and face body towards 3:00 wall, pivot ½ turn over R shoulder, step LF forward  
5-8      R box step (cross RF over LF, step LF back, step RF to R side, close LF next to RF)

## S4 Rocking chair, pivot ½ turn, jump R, jump L

1-4      Rock forward on RF, recover on LF, rock back on RF, recover on LF  
5-6      Step RF forward, pivot ½ turn over L shoulder  
&7&8      Jump on RF, touch LF next to RF, Jump on LF, touch RF next to LF

\*Restart 1 after 16 counts of wall 2

\*Restart 2 after 24 counts of wall 5

\*Updated 10-15-22

YouTube: PHX Dance with Candace

Facebook: PHX Dance

Instagram: @phxlivedance

Last Update – 16 Oct. 2022