

5 Foot 9 Good Stuff

拍數: 48 牆數: 2 級數: Beginner / Improver
編舞者: Debra Cleckler (USA) - 20 August 2022
音樂: 5 Foot 9 - Tyler Hubbard



Intro: 16 Counts

I - Triple Steps Forward Right and Left, Vine Right with Left Hitch

1& 2 Triple step forward right-left-right (with Lilt (pitch fwd. down-up-normal styling))
3& 4 Triple step forward left-right-Left (with Lilt styling)
5-8 Step R foot to side, cross L behind R, step R to side, hitch L knee to L diagonal 10:30

II - Left Heel-Hitch-Heel-Hitch, Vine Left with Right Hitch

1-4 Tap L heel diagonal forward, Hitch L knee, tap L heel diagonal forward, hitch L knee
5-8 Step L foot to side, cross R behind L, step L to side, hitch R knee to R diagonal 1:30

III - Walk to Right Stepping R-L-R, Tap L Heel to L Diagonal, Repeat to Left, Tapping R Heel

1-4 Facing 3:00 walk fwd. right, left, right, face front and tap left heel to L diagonal 10:30
5-8 Facing 9:00 walk fwd. left, right, left, face front and tap right heel to R diagonal 1:30

Optional Polka Gallop Steps for Section III: Instead of walking toward side walls, "Gallop"

1&2& Face 3:00 and step R fwd., slide L up to R, step Fwd. R, slide L up to R 3:00
3&4& Step R fwd., slide L up to R, step R Fwd., pivot 1/2 left (9:00) , hitch L 9:00
5&6& Step L fwd., slide R up to L, step L fwd., slide R up to L
7&8& Step L fwd., slide R up to L, step L fwd., turn 1/4 R (12:00) on L foot (wt stays on L) 12:00

Arm Styling for Gallops: Wave right hand in the air like a rope lasso.

IV - Step Back-Scuff (X4) Right-Left-Right-Left

1-4 Step back R, Scuff L, Step back L, scuff right (rotate body to diagonals w/back steps)
5-8 Step back R, Scuff L, Step back L, scuff right (rotate body to diagonals w/back steps)

Note: Rotate body to diagonals on back steps, scuff (kick up dirt) to swivel to opposite diagonal.

V - 1/4 Left (Military Turn), Right Rocking Chair, 1/4 Left (Military Turn)

1-4 Step R forward, make 1/4 L turn, recover weight to L 9:00
3-4 Rock R forward, recover weight to L, rock R back, recover weight to L
5-8 Step R forward, make 1/4 L turn (wt. to L) (Restart here facing 6:00 on Wall 3) 6:00

VI - Walk Right-Sweep Left, Walk Left-Sweep Right, Jazz Box

1-4 Step R forward, sweep L back to front and step L forward, sweep R back to front
5-8 Cross R over L, step back L, step side R, step forward L 6:00

Restart: Wall 3 (12:00) dance 40 counts (thru section V) Restart at 6:00 Easy to hear in music!

Ending Pose: Facing Front, dance through first 12 counts, step L to side, lean back with arms crossed over chest and R heel placed out toward right diagonal.