

Nine 2 Five

拍數: 32 牆數: 4 級數: Improver
編舞者: Debbie Nishiki (USA) - August 2023
音樂: 9 To 5 - Dolly Parton : (Album: Ultimate Dolly Parton)



Intro: 16 counts after lyrics start with "tumble"

S1 (1-8) Walk, Walk, Shuffle forward, Rock, Recover, Shuffle ½ T

1,2,3&4 Walk R, Walk L, Shuffle R forward R-L-R, (12:00)

5,6,7&8 Rock forward on L, Recover on R, Shuffle L ½ turn L-R-L (6:00)

Restart – Wall 4

S2 (9-16) Walk, Walk, Shuffle forward, Rock, Recover, Shuffle ¼ T

1,2,3&4 Walk R, Walk L, Shuffle R forward R-L-R, (6:00)

5,6,7&8 Rock forward on L, Recover on R, Shuffle L ¼ turn L-R-L (3:00)

S3 (17-24) Rocking chair, Step forward on R, Double Heel Swivel R, Step Back R L, R Coaster step

1&2& Rock forward on R, Recover on L, Rock Back on R, Recover on L (3:00)

3&4 Step forward on R, Swivel both heels to R and swivel both heels to center (3:00)

5,6,7&8 Step back on R, Step back on L, Step back on R, Step L next to R, Step R forward (3:00)

S4 (25-32) Side Rock, Recover, Cross shuffle, Full Box turn (Option: V step)

1,2,3&4 Side rock on L, Recover on R, Cross L over R, Step R to R side, Cross L over R (3:00)

5,6,7,8 Step R to R side, turn ¼ L step to L side, turn ¼ L step to R side, turn ½ L step L forward
(Option: Out out in in) (3:00)

(Start over)

Restart: Happens on Wall 4 after 8 counts

Ending: Happens on Wall 9 (facing 3:00) after 8 counts (Walk, walk, Shuffle forward, rock, recover, Shuffle 1/4 T) to face front at 12:00 and ta-da!!

Hope you like the dance!!

Enjoy!!

Last Update: 21 Sep 2023