

9 to 5 (나인투파이브)

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 4 級數: Phrased Intermediate
編舞者: Ssaboo (KOR) - June 2024
音樂: 9 to 5 (나인투파이브) - Joy-D (조이디)



Sequence: Intro Dance(32), A, C, B, A, A, Tag 1(4), A, B, A, A, A, B, Tag 2(4), A, C, B, B, A with Step Change, C(7)

Tag 1: Rocking Chair (12:00)

Tag 2: Unwind Full Turn L, weight ends L (12:00)

Please refer to my demo video for arm movements.

Intro Dance: 32 counts

SEC 1: R Diagonal FWD Rock Step, Recover, Big Step, Drag, L Diagonal FWD Rock Step, Recover, Big Step, Drag

- 1-2 Step R to R diagonal with knees slightly bent (1), recover L with knees straighten (2)
- 3-4 Big step R to R diagonal (3), Drag L next to R (4)
- 5-6 Step L to L diagonal with knees slightly bent (5), recover R with knees straighten (6)
- 7-8 Big step L to L diagonal (7), Drag R next to L (8)

SEC 2: Diagonal Back Touch X4

- 1-2 Step R back to R diagonal (1), touch L next to R (2)
- 3-4 Step L back to L diagonal (3), touch R next to L (4)
- 5-6 Step R back to R diagonal (5), touch L next to R (6)
- 7-8 Step L back to L diagonal (7), touch R next to L (8)

SEC 3: Sec 1. 1-8 counts Repeats

SEC 4: Sec 2. 1-8 counts Repeats

Part A: 32c

SEC 1: L Diagonal Step, Lock, Step, 1/4 Flick, R Diagonal Step, Lock, Step, 1/4 Flick

- 1-2 Step R to L diagonal (1), lock L behind R (2) [10:30]
- 3-4 Step R to L diagonal (3), 1/4 R turning with flick (4) [1:30]
- 5-6 Step L to R diagonal (5), lock R behind L (6)
- 7-8 Step L to R diagonal (7), 1/4 L turning with flick (8) [10:30]

SEC 2: Step, 1/8 Side, 1/8 Run, Run, Run, Back, 1/8 Side, 1/8 FWD Shuffle

- 1-2 Step R cross L (1), 1/8 R stepping L step to left side (2) [12:00]
- 3&4 1/8 R stepping R small step to backward (3), L small step to backward (&), R small step to backward (4) [1:30]
- 5-6 L step to backward (5), 1/8 R stepping R step to right side (6) [3:00]
- 7&8 1/8 R stepping L forward (3), step R next to L (&), step L forward (4) [4:30]

SEC 3: Step, 1/8 Side, Sailor, Rock, Recover, 1/2, 1/2, 1/2

- 1-2 Step R cross L (1), 1/8 R stepping Lf step to left side (2) [6:00]
- 3&4 Cross R behind L (7), step L next to R (&), step R to R side (8) [6:00]
- 5-6 L cross rock R (5), recover R (6) [6:00]
- 7&8 1/2 L stepping L forward (7), 1/2 L stepping R backward (&), 1/2 L stepping L forward (8)

***Easy Option: Shuffle forward step**

- 7&8 1/2 L stepping L forward (7), step R next to L (&), step L forward (8)

SEC 4: Prissy Walks, FWD Shuffle, Cross Rock, Recover, Sailor 1/4 L

- 1-2 Walk R forward over L, walk L forward over R (2) [12:00]
- 3&4 Step R forward (3), step L next to R (&), step R forward (4)
- 5-6 Cross rock L over R (5), recover on R sweeping L (6)
- 7&8 Make 1/4 turn L crossing L behind R (7), step R next to L (&), step L to L side (8) [9:00]

Part B: 32c

SEC 1: R Vine Step, Touch, Side, Touch, Side, Touch with Arms

- 1-4 Step R to R side (1), cross L behind R (2), Step R to R side (3), touch L next to R (4) [12:00]
- 5-8 Step L to L side (5), touch R next to L (6), Step R to R side (7), touch L next to R (8)

Arms: Stretch your left hand diagonally to the left at waist level, make a fist with your right hand, fold your right elbow, and shake upward to the right three times with your thumb upward. HOLD. (1-4) Turn both hands in a circle to the left twice and then to the right twice. (5-8)

SEC 2: L Vine Step, Touch, Side, Touch, Side, Touch with Arms

- 1-4 Step L to L side (1), cross R behind L (2), Step L to L side (3), touch R next to L (4)
- 5-8 Step R to R side (5), touch L next to R (6), Step L to L side (7), touch R next to L (8)

Arms: Stretch your Right hand diagonally to the right at waist level, make a fist with your left hand, fold your left elbow, and shake upward to the left three times with your thumb upward. HOLD. (1-4) Turn both hands in a circle to the right twice and then to the left twice. (5-8)

SEC 3: Back, Back, Back, Touch, Step, Touch, Back, Touch with Arms

- 1-4 Step R to backward (1), step L to backward (2), Step R to backward (3), touch L front of R (4)
- 5-8 Step forward on L (5), touch R behind L (6), Step backward on R (7), touch L front of R (8)

Stretch your left hand diagonally in front of you at waist height, make a fist with your right hand, fold your right elbow, and shake it over your right shoulder three times with your thumbs up. HOLD. (1-4) Rotate both hands in a circular motion forward twice and backward twice. (5-8)

SEC 4: FWD Shuffle, Step, Pivot 1/2 L, FWD Shuffle, Big Step, Drag

- 1&2 Step L forward (1), step R next to L (&), step L forward (2) [12:00]
- 3-4 Step forward on R (3), pivot 1/2 turn L weight on L (4) [6:00]
- 5&6 Step R forward (5), step L next to R (&), step R forward (6)
- 7-8 Big Step L to forward (7), drag R next to L (8)

Part C: 8c

SEC 1: Cross, Back, Back, Cross, Back, Back, Cross, Unwind Full Turn L

- 1-2 Cross step R over L (1), step L back to diagonal L (2)
- 3-4 Step R back to diagonal R (3), cross step L over R (4)
- 5-6 Step R back to diagonal R (5), step L back to diagonal L (6)
- 7-8 Cross step R over L (7), unwind full turn L (weight on L) (8)

***Ending: A with step change, C 1-6 counts then Big Pose !!!**

In the last Part A (starting from the front), look straight ahead without making the final sailor 1/4 turn to the left, and then perform Part C 1-6 counts and look straight ahead in Big Pose!!!

Sequence: Intro Dance(32), A, C, B, A, A, Tag 1(4), A, B, A, A, A, B, Tag 2(4), A, C, B, B, A with Step Change, C(7)

Tag 1: Rocking Chair (12:00)

Tag 2: Unwind Full Turn L, weight ends L (12:00)

BEGIN AGAIN!

ENJOY!

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