

5 Foot 9

拍數: 32 牆數: 4 級數: Improver
編舞者: Lauriane Casteleyn (FR) - 26 October 2024
音樂: 5 Foot 9 - Tyler Hubbard



Intro : 16 counts

[1 – 8] SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, BEHIND SIDE CROSS

1 – 2 RF to the R, Recover on LF
3 & 4 Cross RF Over LF, LF to the L, Cross RF Over LF
5 – 6 LF to the L, Recover On RF
7 & 8 Cross LF Behind RF, RF to the R, Cross LF Over RF

Here - Restart 5th Wall (Facing 12:00)

[9 – 16] ROCK STEP, TRIPLE FULL TURN R, ROCK STEP, TRIPLE FULL TURN L

1 – 2 RF Fwd, Recover on LF
3 & 4 Triple Step R-L-R with Full Turn R in place
5 – 6 LF Fwd, Recover on RF
7 & 8 Triple Step L-R-L with Full Turn L in place

Option «Triple Full Turn » 3&4 7&8 : Coaster step

[17–24] SIDE SHUFFLE, ¼ TURN L SIDE SHUFFLE, KICK BALL POINT, KICK BALL POINT

1 & 2 RF to the R, Together, RF to the R
3 & 4 ¼ Turn L – LF to the L, Together, LF to the L 9:00
5 & 6 Kick RF Fwd, Ball R next to LF, Point L to the L
7 & 8 Kick LF Fwd, Ball L next to RF, Point R to the R

[25–32] SAILOR STEP (R-L) , ROCK STEP , ½ TURN R, WALK R - L

1 & 2 Cross RF Behind LF, LF to the L, RF to the R
3 & 4 Cross LF Behind RF, RF to the R, LF to the L
5 – 6 RF Fwd, Recover on LF
7 – 8 ½ Turn R – RF Fwd, LF Fwd 3:00

Dance & Have Fun !!!
