

9 Till 5

拍數: 32 牆數: 0 級數:
編舞者: Samantha Houghton
音樂: 9 To 5 - Dolly Parton



INTRO

Begin on the 3rd bar of music, with trumpet note

BOX STEPS

- 1-2 Step right over left, step left back
- 3-4 Step right to right side, step left forward
- 5-8 Repeat steps 1-4

SHUFFLE, ¼ TURN AND HIP BUMPS

With vocal

- 1&2 Right shuffle forward
- 3-4 Turn ¼ to the right and step left to side pushing weight onto left hip, hold
- 5&6 Bump hips twice to the right
- 7&8 Bump hips twice to the left

SHUFFLE WITH ¼ TURN, ¼ TURN AND HIP BUMPS

- 1&2 Angling body to the right, shuffle forward on right (towards rear wall)
- 3-4 Step forward left turning ¼ to the right, push weight onto left hip
- 5&6 Bump hips twice to the right
- 7&8 Bump hips twice to the left

PADDLE TURNS AND SHUFFLE

- 1-6 Three paddle turns with the right foot turning over the left shoulder to finish facing the starting wall
- 7&8 Right shuffle forward

PADDLE TURNS, ROCK, WEIGHT CHANGE

- 1-6 Make three paddle turns with the left foot turning over the right shoulder to complete a full turn
- 7& Rock left to side & recover
- 8 Step left next to right changing weight on to the left

THE MAIN DANCE

40 counts 1 wall

TOE POINTS WITH CROSSES, SAILOR ¼ TURN

- 1&2 Point right toe to right side, to left instep and to right again
- 3&4 Step right behind left, left to the side and cross right over left
- 5&6 Point left toe to left side, to left instep and to left again
- 7&8 Step left behind right, ¼ turn to the right stepping forward on right, step forward on left

CHARLESTON KICKS, COASTER STEP

- 1-2 Kick right foot forward, step right foot back
- 3-4 Touch left toe back, step forward left
- 5-6 Kick right foot forward, step right foot back
- 7&8 Step back on left, step right next to left, step forward on left

SHUFFLE, ¼ TURN, CROSS SHUFFLE & ROCK

- 1&2 Right shuffle forward

- 3-4 Step forward left and turn $\frac{1}{4}$ to the right
- 5&6 Cross shuffle left over right
- 7-8 Rock right to right side, recover weight onto left

CROSS SHUFFLE, ROCK, SYNCOPATED CROSS WITH $\frac{1}{4}$ TURN, LUNGE

- 1&2 Cross shuffle right over left
- 3-4 Rock left to left side and recover weight onto right
- 5&6 Step left behind right, right to the side and cross left over right turning $\frac{1}{4}$ to the right and shifting weight onto the left
- 7-8 Lunge to the right & recover, keeping weight on the left foot

REPEAT

TAG

The tag is danced at the end of the second wall

BOX STEPS

- 1-2 Step right over left, step left back
 - 3-4 Step right to right side, step left forward
 - 5-8 Repeat steps 1-4
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