

# 9 To 5

拍數: 32      牆數: 2      級數: Improver  
編舞者: Victor van der Meer (AUS)  
音樂: 9 To 5 - Dolly Parton



## WALK FORWARD, K-B-C, STEP, BUMP HIPS, COASTER STEP

1-2      Step right forward, step left forward  
3&4      Kick right forward, step right next to left, step left in place  
5-6      Step right forward bumping hips forward right twice  
7&8      Step left foot back, step right next to left, step left forward

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## STEP FORWARD, PIVOT, SHUFFLE TURNS BACK, ROCK

1-2      Step right forward, pivot ½ turn left  
3&4      Shuffle forward right-left-right  
5&6      Turn ½ turn right on right to shuffle back left-right-left  
7-8      Step/rock right back, rock forward onto left

## SCUFF OUT-OUT, TWIST X 3, LEFT SAILOR, RIGHT SAILOR

1&2      Scuff right beside left, stepping right to right side, step left in place  
3&4      Twist heels to right, twist toes to right, twist heels to right (moving slightly right)  
5&6      Step left behind right, step right to right side, step left in place  
7&8      Step right behind left, step left to left side, step right in place

## HEEL JACK, HEEL JACK, STEP/ROCK ½ TURN, SHUFFLE (SPIN 1 ½)

1&2&      Cross left over right, step right to right side, tap left heel out 45 degrees, step left in place  
3&4&      Cross right over left, step left to left side, tap right heel out 45 degrees, step right in place  
5-6      Step/rock left forward, rock back on right turning ½ turn left  
7&8      Step left foot forward, step right next to left, step left forward

Adv: spin 540 degrees left stepping left-right-left

## REPEAT

## TAG

After 8 counts into the 4th routine

## STEP RIGHT, LEFT, SAMBA, STEP LEFT, RIGHT, SAMBA

1-2      Step right forward, step left forward  
3&4      Step/rock right to right side, replace weight to left, stomp right together  
5-6      Step left forward, step right forward  
7&8      Step/rock left to left side, replace weight to right, stomp left together