

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

*

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