

9 To 5

拍數: 32 牆數: 4 級數: Improver
編舞者: Nikki Friel
音樂: 9 To 5 - Dolly Parton



STEP RIGHT, BEHIND, ¼ RIGHT, FORWARD, PIVOT ¾, STEP LEFT, SHUFFLE BACK

1-2-3-4 Step right to side, step left behind right, turn ¼ right and step right forward, step left forward
5-6-7&8 Pivot ¾ right, step left to left side, shuffle back stepping right-left-right

MOONWALK STEP BACK, MOONWALK STEP BACK, COASTER, ½ TURN SHUFFLE BACK ½, TURN SHUFFLE FORWARD

1 Slide and step left back while slightly bending right knee and lifting right heel off floor
2 Slide and step right back while slightly bending left knee and lifting left heel off floor
3&4 Coaster - step left back, step right beside left, step left forward
5&6 Turning ½ left shuffle back stepping right-left-right
7&8 Turning ½ left shuffle forward stepping left-right-left

Optional styling: move hips side to side on the turning shuffles

FORWARD, ROCK, BACK, BACK, ROCK, FORWARD, FORWARD, PIVOT, SHUFFLE FORWARD

1&2 Step right forward, rock back on left, step right back
3&4 Step left back, rock forward on right, step left forward
5-6 Step right forward, pivot ½ left
7&8 Shuffle forward stepping right-left-right

SCUFF, BRUSH, SHUFFLE, REGGAE ¼ RIGHT TURN

1-2 Scuff left forward, scuff and brush left across in front of right
3&4 Shuffle left forward stepping left-right-left
5-6-7-8 Cross right in front of left, step left back, turn ¼ right and step right to side, step left beside right

REPEAT

TAG

On 4th wall dance to count 6 and add 2 counts as follows:

1-2 Step right to side and sway right hip, sway left

And then restart from the beginning