

9 To 5

拍數: 32 牆數: 4 級數: Intermediate
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音樂: 9 To 5 - Dolly Parton



Start relaxed with head bowed and feet hip width apart equal weight

HEAD UP, SHOULDERS RIGHT-LEFT-RIGHT

1-4 Level head forward, roll right shoulder back, roll left shoulder back, roll right shoulder back and weight on right

KICK & CROSS, POINT, RIGHT SAILOR STEP

5&6 Kick left foot forward and cross left over right, touch right to right side
7&8 Step right behind left and step left to side, right forward

SKATE, LEFT-RIGHT-LEFT, ¼ TURN

9 Weight on right skate left foot left turning body to left diagonal
10 Weight on left skate right foot right turning body to right diagonal
11 Weight on right skate left foot left turning body to left diagonal
12 Complete ¼ turn left

KICK & CROSS, POINT, LEFT SAILOR STEP

13&14 Kick right foot forward and cross right over left, touch left to left side
15&16 Step left behind right and step right to side, left forward

WALK RIGHT, LEFT, RIGHT SHUFFLE

17-18 Right forward, left forward
19&20 Right forward and left together, right forward

MODIFIED DIAGONAL MAMBO FORWARD TWICE

21&22 Cross left diagonal forward and weight shift right, left diagonal back
23&24 Cross left diagonal forward and weight shift right, left diagonal back

DIAGONAL STOMP FORWARD, STOMP, HEEL BOUNCES X 3

25-26 Stomp crossing left diagonal forward, stomp right foot down ½ turn right pivoting on ball of left foot weight equal
27&28 Bounce both heels three times while returning ½ turn left

COASTER STEP, OUT, OUT, (HEAD DOWN)

29&30 Step left back and right back, left forward
31-32 Small step out right placing foot under right hip, small step left placing foot under left hip dropping head at the same time

REPEAT