

9 To 5

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Caroline Stevens (SWE)
音樂: 9 To 5 - Dolly Parton



Sequence: ABC, A, B to the end

SECTION A:

WALK FORWARD TWICE, ROCK AND CROSS TWICE, CHASSE LEFT

- 1-2 Walk forward left and right (12:00)
- 3&4 Rock left to left, recover on right, cross left over right
- 5&6 Rock right to right, recover on left, cross right over left
- 7&8 Step left to left side, step right next to left, step left to left side

WALK RIGHT/PIVOT ½ TURN TWICE, RIGHT CHASSE, LEFT COASTER STEP

- 1-2 Step forward with right, pivot ½ turn left (6:00)
- 3-4 Step forward on right, pivot ½ turn left (12:00)
- 5&6 Step right to right, step left next to right, step right to right
- 7&8 Step back on left, step right beside left, step forward on left

WALK FORWARD TWICE, ROCK AND CROSS TWICE, RIGHT CHASSE

- 1-2 Step forward, right, left (12:00)
- 3&4 Rock right to right, recover on left, cross right over left
- 5&6 Rock left to left, recover on right, cross left over right
- 7&8 Step right to right, step left beside right, and step right to right

WALK LEFT/PIVOT/WALK LEFT/PIVOT/ LEFT CHASSE, RIGHT COASTER STEP

- 1-2 Step left foot forward, pivot ½ turn right (6:00)
- 3-4 Step left foot forward, pivot ½ turn right (12:00)
- 5&6 Step left foot to left side, close right foot beside left, step left foot to left side
- 7&8 Step back on right, step left beside right, step forward with right

SECTION B:

WALK X 3/KICK / HALF TURN SHUFFLE/ WALK/ KICK

- 1-2 Walk forward, left, right(12:00)
- 3-4 Walk forward with left, kick right foot forward (12:00)
- 5&6 Make a ½ turn right and step forward on right foot, step left beside right, step right foot forward (6:00)
- 7-8 Step forward on left, kick right foot forward

QUARTER TURN RIGHT/ CHASSE RIGHT/ ½ TURN RIGHT /LEFT CHASSE,/ KICK X4

- 1&2 Turn a quarter to the right on ball of left and step right to right side, step left beside right, step right to right side (9:00)
- 3&4 Turn ½ turn to right and step left to left side, step right next to left, step left to left (3:00)
- 5-6 Kick right across left, kick left across right
- 7-8 Kick right across left, kick left across right

DIAGONAL SHUFFLE TWICE/ WALK/PIVOT/WALK/PIVOT

- 1&2 Step left forward diagonally left, lock right behind left, step left forward diagonally left (3:10)
- 3&4 Step right forward diagonally right, lock left behind right, step right diagonally forward right (3:20)
- 5-6 Step left foot forward, pivot ½ turn right (9:00)

7-8 Step left foot forward, pivot ½ turn right (3:00)

4 PADDLE TURNS RIGHT/ 4 PADDLE TURNS LEFT

- 1 Make a quarter turn to right on ball of right and touch left to left side (6:00)
- 2-4 Repeat the last step 3 more times to complete a full circle (3:00)
- 5 Make a quarter turn to left on ball of left and touch right to right side (12:00)
- 6-8 Repeat last step 3 more times to complete the circle (3:00)

SECTION C:

WALK FORWARD 4 STEPS, WALK BACKWARDS 2 STEPS, STEP BACK AND TOUCH

- 1-4 Step forward, right, left, right, left
 - 5-6 Step backwards, right, left
 - 7-8 Step backwards right, step back on left and touch left next to right (3:00)
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