

Five -N- Jive

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Laurie Schlekeway-Burkhardt (USA)
音樂: Got the Feelin' - Five



- 1&2 Step right foot out to right, step in place on your left and cross right over left
3&4 Step left foot out to left side, step in place on your right foot and cross left over right
5&6 Sailor step - step right foot back, step left foot in place, step right foot slightly forward
7-8-1-2 Keeping right foot in place, use your left foot to paddle in a complete circle using ¼ turns for each count
- 3-4 Step left foot out to left side using your whole body, then return back to center
5-6 Step right foot out to right side using your whole body, then return back to center
7 Step left foot out to left side using your whole body
8 Make a half turn to your left with weight only on your right foot
- 1&2 Sailor step - bring left foot back, step right foot in place, step left foot slightly forward
3 Step ¼ turn to right (like skate step, but not moving forward)
4 Step ¼ turn to left
5 Step ¼ turn to right
6&7 Step ¼ turn to left and do a shuffle step forward (left, right, left)
8&1 Jump forward on your right foot, step in place on your left foot, kick right heel out in front
- &2 Replace right foot and kick left heel out in front
&3 Replace left foot and kick right heel out in front
&4 Replace right foot and kick left heel out in front
&5 Replace left foot and scuff right foot and lift right knee
6 Make a ¼ turn to your right with your knee still lifted and weight on left foot (you are now facing the back wall)
7&8 Do a right side shuffle - move right foot to right side, bring left foot next to right, move right foot slightly to the right so that feet are about an inch apart
- 1&2&& Keeping feet close together, you will jump with both feet forward to the right (2:00) (1) and back to the center (&), and then forward and to the left (10:00) (2) and back to the center (&)
3&4 With both feet, jump forward three times
- Many variations can be done here to avoid the jumping**
5&6&& With both feet, jump to the right, guided by your right hip (5), shake hips to the left (&), shake hips to the right (6), shake hips to the left(&)
7&8 With both feet, jump to the right guided by your right hip (7), shake hips to the left (&), shake hips to the right (8)

With these moves, be sure to keep your knees relaxed and bent

- 1&2 Kick left foot out in front, return to center and cross right foot over left
3&4 Kick left foot out in front, return to center and cross right foot over left
5&6&& Staying on the balls of your feet, step left foot in front of right with both heels in (5), put both heels out (&), put both heels back in (6), put both heels back out (&)
7&8 Staying on the balls of your feet, bring right foot in front of left with both heels in (7), put both heels out(&), put both heels back in (8)

You should keep your weight on your left foot here because when you start the dance over, you'll be starting with your right foot

REPEAT

TAG

This tag takes place on the 2nd and 3rd time you come back to the front wall. When you start on the dance again facing the back wall and you come around to the front, you will drop the last 8 counts of the dance and start the dance over. After this, you continue the dance all the way through to the end
