

Five Minutes

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Joe Green (UK)
音樂: Five Minutes - Lorrie Morgan



VINE TO LEFT WITH ¼ TURN LEFT AND SCUFF, RIGHT ROCK FORWARD, & LEFT ROCK FORWARD ¼ TURN LEFT

1-2 Step left foot to left side, cross step right foot behind left
3-4 Turn ¼ left stepping left foot forward, scuff right foot forward
5-6 Rock forward onto right foot, recover weight to left foot
&7-8& Step right together, rock forward onto left foot, turning ¼ left recover weight to right foot

VINE TO LEFT WITH ¼ TURN LEFT AND SCUFF, RIGHT ROCK & LEFT ROCK FORWARD

1-2 Step left foot to left side, cross step right foot behind left
3-4 Turn ¼ left stepping left foot forward, scuff right foot forward
5-6 Rock forward onto right foot, recover weight to left foot
&7-8& Step right together, rock forward onto left foot, recover weight to right foot

ROCK BACK ONTO LEFT FOOT, RECOVER LEFT SHUFFLE FORWARD, RIGHT ROCK FORWARD, RECOVER, ¾ TURN RIGHT (RIGHT-LEFT-RIGHT)

1-2 Rock back onto left foot, recover weight to right foot
3&4 Step left foot forward, & right together, step left foot forward
5-6 Rock forward onto right foot, recover weight to left foot
7&8 ¾ turn right triple step (step right, left, right)

(LEFT SIDE STEP, KICK RIGHT FOOT FORWARD, RIGHT SIDE STEP, KICK LEFT FOOT FORWARD,) TWICE

1-2 Step left foot to left side, kick right foot forward
3--4 Step right foot to right side, kick left foot forward
5-6 Step left foot to left side, kick right foot forward
7-8 Step right foot to right side, kick left foot forward

LEFT OVER JAZZ BOX WITH ¼ TURN LEFT, LEFT OVER JAZZ BOX, ¼ TURN LEFT WITH RIGHT TOUCH TOGETHER

1-2 Cross step left over right, step back onto right foot
3-4 Turn ¼ left stepping left foot forward, step right together
5-6 Cross step left over right, step back onto right foot
7-8 Turn ¼ left stepping left foot forward, touch right toe beside left

SYNCOPATED VINE RIGHT WITH RIGHT POINT, STEP RIGHT, POINT LEFT, STEP LEFT, POINT RIGHT

1-2 Step right foot to right side, cross step left foot behind right
&3-4& Step right foot to right side, cross step left over right, point right toe to right side
5-6 Step right foot forward, point left toe to left side
7-8 Step left foot forward, point right toe to right side

RIGHT AND LEFT LOCK SHUFFLE BACK, POINT RIGHT TOE BACK, PIVOT ½ TURN RIGHT, LEFT KICK BALL CHANGE

1&-2 Step right foot back, & step left to lock together, step right foot back
3&-4 Step left foot back, & step right to lock together, step left foot back
5-6 Point right toe back, pivot ½ turn right (weight to right foot)
7&8 Kick left foot forward, & step on ball of left foot together, step on right foot together

LEFT CROSS OVER SHUFFLE, TWO ¼ TURNS LEFT, HIP BUMPS RIGHT-LEFT-RIGHT, HIP SWAY LEFT RIGHT

- 1&2 Cross step left foot over right, & step right to right side, cross step left foot over right
- 3-4 Turn ¼ left stepping back on to right foot, turn ¼ left stepping left to left side
- 5&6 Bump hips to right, & left, right
- 7-8 Sway hips to left then to right (weight to right foot)

REPEAT
