

# Five Minutes

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Lorraine Turner (AUS)  
音樂: Five Minutes - Lorrie Morgan



## WEAVE RIGHT, CROSS ROCK

1-2-3-4      Step left behind right, step right to right side, step left over right, step right to right side  
5-6-7-8      Step left behind right, step right to right side, step left over right, rock back on right in place

## WEAVE LEFT, ½ TURN, STEP FORWARD

1-2-3-4      Step left to left side (and slightly back), step right over left, step left to left side, step right behind left  
5-6-7-8      Step left to left side, step right over left, step left to left side turning ½ turn right on ball of left, step forward right

## SHUFFLE FORWARD, ROCK STEP, ½ TURN, ½ TURN, ½ TURN, STOMP

1&2-3-4      Shuffle forward stepping left-right-left, rock forward right, rock back on left in place  
5-6      Turning ½ turn right on ball of left step forward right, turning ½ right on ball of right, step back on left  
7-8      Turning ½ turn right on ball of left step forward right, stomp left beside right

## LARGE SIDE STEP, TOGETHER, SIDE SHUFFLE, CROSS UNWIND ½ TURN, CROSS SHUFFLE

1-2-3&4      Large step right to right side, step left beside right, side shuffle right stepping right-left-right  
5-6-7&8      Cross right over left, unwind ½ turn right (weight on right), cross shuffle stepping left-right-left

## LARGE SIDE STEP, TOGETHER, SIDE SHUFFLE, CROSS UNWIND ½ TURN, HEEL SWITCHES

1-2-3&4      Large step right to right side, step left beside right, side shuffle right stepping right-left-right  
5-6-      Cross right over left, unwind ½ turn right (weight on right)  
7&8&      Touch left heel forward, step left beside right, touch right heel forward, step right beside left

## HEEL, HOLD, & ROCK RETURN, ½ TURN SHUFFLE, ROCK STEP, ¼ TURN

1-2&      Touch left heel forward, hold, step left beside right  
3-4-5&6      Rock forward right, step back on left turning ½ turn right on ball of left, shuffle forward stepping right-left-right  
7-8      Rock forward left, step back on right turning ¼ turn left on ball of right

## SIDE SHUFFLE, TOE TOUCHES RIGHT, LEFT, SIDE, SIDE, TOUCH HEEL FORWARD, & TOE BACK

1&2      Side shuffle left stepping left-right-left  
3&4&      Touch right toe forward, step right beside left, touch left toe forward, step left beside right  
5&6&      Touch right toe to right side, step right beside left, touch left toe to left side, step left beside right  
7&8      Touch right heel forward, step right beside left, touch left toe back

## SHUFFLE FORWARD LEFT, RIGHT, LEFT, STOMP, HOLD

1&2-3&4      Shuffle forward stepping left-right-left, shuffle forward stepping right-left-right  
5&6-7-8      Shuffle forward stepping left-right-left, stomp right beside left (weight on right), hold

## REPEAT

## FINISH

You will be facing the back wall - drop the last shuffle i.e

1&2-3&4      Shuffle forward stepping left-right-left, shuffle forward stepping right-left-right

1-2-3-4

Cross step left over right, unwind  $\frac{1}{2}$  turn right (weight on left), stomp right beside left, hold

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