

Five More Minutes

拍數: 64 牆數: 4 級數: Improver
編舞者: Karen Fishback (USA)
音樂: Five More Minutes - Keoki Kahumoku



STEP, HOLD, SHUFFLE, FORWARD COASTER

1-2-3&4 Step forward on right, hold, shuffle forward left, right, left
5-8 Step forward right, left beside right, back on right, hold

BACK COASTER, 4 STEP HALF TURN

1-4 Step back left, right beside left, forward left, hold
5-8 ½ turn to left, using 4 swaying steps

SIDE, BEHIND, SIDE SHUFFLE, SIDE, BEHIND, SIDE SHUFFLE

1-2-3&4 Step right to right, left behind right, shuffle to right, right, left, right
5-6-7&8 Step left to left, right behind left, shuffle to left, left, right, left

ROCK, RECOVER, SHUFFLE ½, ROCK, RECOVER, SHUFFLE ½

1-2-3&4 Rock back on right, forward on left, shuffle turning ½
5-6-7&8 Rock back on left, forward on right, shuffle turning ½

SWAY, SWAY, SHUFFLE, ¼ TURN

1-4 Sway right, sway left,
5&6-7-8 Shuffle forward, right, left, right, turn ¼ to right with 2 steps, left, right

¼ TURN, SHUFFLE, ¼ MONTEREY

1-2-3&4 Turn ¼ to right, with 2 steps, left, right, shuffle forward, left, right, left
5-8 Touch right to side, spin ¼ to right on left, touch left to side, step on right

¼ MONTEREY, ROCKING CHAIR

1-4 Touch right to side, spin ¼ to right on left, touch left to side, step on right
5-8 Step forward on right, recover on left, back on right, recover on left

SHUFFLE, SHUFFLE, SWAY 1/8, SWAY 1/8

1&2-3&4 Shuffle forward twice, right, left, right left, right, left
5-8 Sway right, left, turning 1/8 to left, repeat

REPEAT