Five O'clock Knock

拍數: 32　　　　牆數: 2　　　　級數: Intermediate

編舞者: Bud Martin (USA) & Diane Martin (USA)

音樂: Would You Consider - Scooter Lee

DIAGONAL HEEL TOUCHES, HITCH, FORWARD STEP-SCUFFS

1-2	Touch right heel forward and diagonally to the left; touch right heel forward and diagonally to the right
3-4	Touch right heel forward and diagonally to the left; hitch right knee
5-6	Step forward on right foot; scuff left foot forward
7-8	Step forward on left foot; scuff right foot forward

STEP FORWARD, TOE TOUCHES, STEP BEHIND, TOE TOUCH, STEP BEHIND, HEEL TOUCH

9-10	Step forward on right foot; touch left toe to the left
11-12	Touch left toe behind right foot; touch left toe to the left
13-14	Step left foot behind right; touch right toe to the right
15-16	Step right foot behind left; touch left heel forward

MILITARY TURNS TO THE RIGHT, SIDE STEPS LEFT WITH ARM MOVEMENTS

17-18	Step forward on left foot; pivot ¼ turn to the right on ball of left foot and shift weight to right foot
19-20	Step forward on left foot; pivot ¼ turn to the right on ball of left foot and shift weight to right foot

During counts 21-24 place arms down at sides with hands turned outward, bend upwards at wrist and palms down

21-22	Step to the left on left foot and push down with left arm and shoulder; step right foot next to left and push down with right arm and shoulder
23-24	Step to the left on left foot and push down with left arm and shoulder; touch right foot next to left and push down with right arm and shoulder

SWEEPING TOE TOUCHES WITH ARM MOVEMENTS, MODIFIED ROMPS

On count 25 extend right arm forward at shoulder height, twist hand at wrist with palm facing outward (to the right)

25-26	Touch right toe forward; swing right leg and arm outward to the right and touch right toe toward 2:00
27-28	Continue to swing right leg and arm outward to the right and touch right toe toward 5:00; touch right toe next to left bringing arm down
&29-30	Step back slightly on ball of right foot; touch left heel slightly forward; rock forward onto left foot and touch right foot next to left
&31-32	Step back slightly on ball of right foot; touch left heel slightly forward; rock forward onto left foot and touch right foot next to left

REPEAT