

Friday At Five

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Cheryl Parker (AUS), Gary Parker (AUS), Robyn Groot (AUS) & Linda Wolfe (AUS) - March 2009
音樂: Friday At Five - John Michael Montgomery : (CD: Kickin' It Up)



(32 count Intro)

Frieze/Vine Right. Frieze/Vine Left.

- 1 – 2 Step Right to Right side. Cross Left behind Right.
- 3 – 4 Step Right to Right side. Touch Left next to Right.
- 5 – 6 Step Left to Left side. Cross Right behind Left.
- 7 – 8 Step Left to Left side. Touch Right next to Left.

Right Shuffle Forward. Forward Rock. 1/2 Turn Left Shuffle Back. 1/2 Turn Right Shuffle Back.

- 1&2 Right shuffle forward stepping Right. Left. Right.
- 3 – 4 Rock forward on Left. Rock back on Right.
- 5&6 Left shuffle back turning 1/2 turn Left stepping Left. Right. Left. (Facing 6 o'clock)
- 7&8 Right shuffle forward turning 1/2 turn Left stepping Right. Left. Right. (Facing 12 o'clock)

Left Coaster Cross. Right Side Rock & Cross. Left Heel Ball Step x 2.

- 1&2 Step back on Left. Step Right beside Left. Cross step Left over Right.
- 3&4 Rock Right out to Right side. Recover weight on Left. Cross step Right over Left.
- 5&6 Touch Left heel forward. Step ball of Left beside Right. Step slightly forward on Right.
- 7&8 Touch Left heel forward. Step ball of Left beside Right. Step slightly forward on Right. ## (Restart Wall 5)

Step. Pivot 1/4 Turn Right. Behind. Side. Cross. Right Side Rock. Behind. Side. Cross.

- 1 – 2 Step forward on Left. Pivot 1/4 turn Right. (Weight on Right) (Facing 3 o'clock)
- 3&4 Cross Left behind Right Step Right to Right side. Cross Left over Right.
- 5 – 6 Rock Right out to Right side. Recover weight on Left.
- 7&8 Cross Right behind Left. Step Left to Left side. Cross Right over Left.

Left Toe Strut Forward. Step. Pivot 1/2 Turn Left. Right Toe Strut Forward. Step. Pivot 1/2 Turn Right.

- 1 – 2 Step forward on Left toe. Drop Left heel to floor.
- 3 – 4 Step forward on Right. Pivot 1/2 turn Left. (Weight on Left) (Facing 9 o'clock)
- 5 – 6 Step forward on Right toe. Drop Right heel to floor.
- 7 – 8 Step forward on Left. Pivot 1/2 turn Right. (Weight on Right) (Facing 3 o'clock)

Forward Rock. Left Triple Step 1/2 Turn Left. Forward Rock. Back Rock. (Right Rocking Chair).

- 1 – 2 Rock forward on Left. Rock back on Right.
- 3&4 Left triple step turning 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock) ### (Restart Walls 3 & 6)
- 5 – 6 Rock forward on Right. Rock back on Left.
- 7 – 8 Rock back on Right. Rock forward on Left.

Start Again

NB To fit in with the phrasing of the music, three easy restarts are required.

On Wall 5, dance to Count 23. On Count 24 Touch Right next to Left. Then restart the dance.

On Walls 3 & 6, dance to Count 44. Restart the dance.

Ending: To finish the dance, starting from the back wall, dance to Count 14 (Left Shuffle forward) then Stomp Right. Stomp Left.

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