

9 To 5

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gordon Elliott (AUS) - June 2012
音樂: 9 To 5 - Dolly Parton : (Album: The Very Best Of Dolly Parton)



Original Position: Feet Together Weight On The Left Foot.
This dance is done in TWO directions. Introduction : 16 Beats

OUT-IN-OUT, BEHIND-SIDE-ACROSS, OUT-IN-OUT, BEHIND-1/4 TURN-FORWARD

1 & 2 Touch R To The Side, Touch R Toe Together, Touch R To The Side,
3 & 4 Step R Behind Left, Step L To The Side, Step R Across In Front Of Left,
5 & 6 Touch L To The Side, Touch L Toe Together, Touch L To The Side,
7 & 8 Step L Behind Right, Turn 90deg Right Step R Forward, Step L Forward.

MAMBO FORWARD, BACK-LOCK-BACK, BACK-LOCK-BACK, COASTER STEP

1 & 2 Step R Forward, Rock Back Onto L, Step R Back,
3 & 4 Step L Back, Lock R Across In Front Of Left, Step L Back,
5 & 6 Step R Back, Lock L Across In Front Of Right, Step R Back,
7 & 8 Coaster : Step L Back, Step R Together, Step L Forward.

1/2 BACK, 1/2 FORWARD, SHUFFLE FORWARD, SAMBA CROSS, SAMBA CROSS

1, 2 Turn 180deg Left Step R Back, Turn 180deg Left Step L Forward,
3 & 4 Shuffle Forward Step : R-L-R,
5 & 6 Step L To The Side, Side Rock Onto R, Step L Across In Front Of Right,
7 & 8 Step R To The Side, Side Rock Onto L, Step R Across In Front Of Left.

BACK, 1/2 FORWARD, 1/4 SIDE SHUFFLE, SAILOR STEP, SAILOR STEP

1, 2 Step L Back, Turn 180deg Right Step R Forward,
3 & 4 Turn 90deg Right Side Shuffle To The Left Step : L-R-L,
5 & 6 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
7&8 Sailor : Step L Behind Right, Step R To The Side, Step L To The Side. ##

FORWARD, FORWARD, QUICK PIVOT-FORWARD, QUICK PIVOT-FORWARD, QUICK PADDLE-TOUCH

1, 2 Step R Forward, Step L Forward,
3 & 4 Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L, Step R Forward,
5 & 6 Pivot : Step L Forward, Turn 180deg Right Take Weight Onto R, Step L Forward,
7 & 8 Paddle : Step R Forward, Turn 90deg Left Take Weight Onto L, Touch R Toe Together.

SIDE, ROCK, BEHIND-SIDE-ACROSS, SIDE, ROCK, BEHIND-SIDE-ACROSS

1, 2 Step R To The Side, Side Rock Onto L,
3 & 4 Step R Behind Left, Step L To The Side, Step R Across In Front Of Left,
5, 6 Step L To The Side, Side Rock Onto R,
7 & 8 Step L Behind Right, Step R To The Side, Step L Across In Front Of Right.

KICK BALL ACROSS, SIDE, TOUCH, KICK BALL ACROSS, SIDE, TOUCH

1 & 2 Kick R Forward, Step R Together, Step L Across In Front Of Right,
3, 4 Step R To The Side, Touch L Toe Together,
5 & 6 Kick L Forward, Step L Together, Step R Across In Front Of Left,
7, 8 Step L To The Side, Touch R Toe Together.

JAZZ BOX, JAZZ BOX 1/4 LEFT

1, 2 Jazz : Step R Across In Front Of Left, Step L Back,
3, 4 Step R To The Side, Step L Forward,

5, 6 Turn 90deg Left Step R Across In Front Of Left, Step L Back,
7, 8 Step R To The Side, Step L Together. **

Repeat The Dance In New Direction

RESTART 1 & 2: On WALL 1 & WALL 3 dance to BEAT 32 (##) & RESTART to FRONT & BACK.

Tag : At The End (**) Of Wall 2 (Back) Add The Following Tag :

1 & 2 Touch R To The Side, Touch R Toe Together, Touch R To The Side,
3 & 4 Step R Behind Left, Step L To The Side, Step R Across In Front Of Left,
5 & 6 Touch L To The Side, Touch L Toe Together, Touch L To The Side,
7 & 8 Step L Behind Right, Step R To The Side, Step L Across In Front Of Right

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