

5-1-5-0

拍數: 32 牆數: 4 級數: Intermediate - Polka
編舞者: Patrick Fleming (USA) - June 2012
音樂: 5-1-5-0 - Dierks Bentley



Start on Lyrics

Right Heel & Heel & Cross & Heel & Cross & Heel & Cross-Unwind

1&2& Touch R Heel (1), Forward-Step on Right (&), Touch L Heel (2), Forward-Step on Left (&),
3&4& Cross R Over L (3), Step L to Left Side (&), Touch R Heel Forward (4), Step R to Right Side (&)
5&6& Cross L Over R (5), Step R to Right Side (&), Touch L Heel Forward (6), Step L to Left Side (&)
7-8 Cross R over L (7), Unwind ½ Turn to Left (Weight stays on Right on 6:00 Wall) (8)

Right Side Rock-Recover-Right Behind & Cross-Left Heel Grind ¼ Turn-Back Coaster Step

9-10 Rock R to Right Side (1), Recover onto L (2)
11&12 Step R Behind L (3), Step L to Left Side (&), Cross R Over Left (4)
13-14 Rock Forward Onto L Heel As You Turn ¼ Turn to L (5), Recover Onto R (6) (3:00 Wall)
15&16 Step L Back (7), Step R Beside L (&), Step Forward L (8)

Step Right & Fan-Step Left & Fan-Right Forward Coaster-Left Coaster

17&18 Step Forward R (1), Turn R Toe Out (&) Turn R Toe In (2)
19&20 Step Forward L (3) Turn L Toe Out (&) Turn L Toe In (4)
21&22 Step Forward R (5), Step L Together (&), Step Back R (6)
23&24 Step Back L (7), Step R Together (&), Step Forward L (8)

Step R-1/2 Turn-Forward Triple Right-1/2 Turn-1/2 Turn-Triple Left

25-26 Step Forward R (1), Pivot ½ Turn to Left (2) (9:00 Wall),
27&28 Step Forward R (3), Step L Together (&), Step Forward R (4)
29-30 Step Back Onto L ½ Turn to Right (5) (3:00 Wall), Step Forward R ½ Turn To Right (6) (9:00 Wall)
31&32 Step Forward L (7), Step R Together (&), Step Forward L (8)

Phrasing: TAGS -

At the end of wall 1 & 3, add this 2 count tag:
Rock Forward On Right (1), Recover To Left (2)

After wall 2, dance the first 8 counts of the dance twice before starting wall 3

After wall 5, repeat the last 8 counts of the dance once before starting wall 6

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