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| 5 Minute Dance |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Beginner | . |
| **Choreographer:** | Mary Beal (USA) - August 2012 | | | | |
| **Music:** | Two Steps Forward - The Castaways : (CD: Locals Only) | | | | |
| . | | | | | | |

**Alt. music: “Time to Boogie” by Ray Benson, CD: Mad Dogs and Okies (BPM: 171)**

**[1-8] RIGHT TOE STRUT, LEFT TOE STRUT, SLOW COASTER, STEP, HOLD**

|  |  |
| --- | --- |
| 1-4 | Touch right toe forward on the right diagonal, drop heel, touch left toe forward on the right diagonal, drop heel |

|  |  |
| --- | --- |
| 5-8 | Step right back, step left beside right, step right forward, hold |

**[9-16] LEFT TOE STRUT, RIGHT TOE STRUT, SLOW COASTER, STEP, HOLD**

|  |  |
| --- | --- |
| 1-4 | Touch left toe forward on the left diagonal, drop heel, touch right toe forward on the left diagonal, drop heel |

|  |  |
| --- | --- |
| 5-8 | Step left back, step right beside left, step left forward, hold |

**[17-24] SKATE, HOLD, SKATE, HOLD, SKATE, SKATE, SKATE, SKATE**

|  |  |
| --- | --- |
| 1-2 | Slide right forward to right diagonal, hold |

|  |  |
| --- | --- |
| 3-4 | Slide left forward to left diagonal, hold |

|  |  |
| --- | --- |
| 5-6 | Slide right forward to right diagonal, slide left forward to left diagonal |

|  |  |
| --- | --- |
| 7-8 | Slide right forward to right diagonal, slide left forward to left diagonal |

**Option for faster tempo songs: Replace skates with Boogie Walks.**

**[25-32] STEP, TOUCH, 1/4 TURN, TOUCH, STEP, TOUCH, 1/4 TURN, TOUCH**

|  |  |
| --- | --- |
| 1-2 | Step right forward, touch left beside right |

|  |  |
| --- | --- |
| 3-4 | Turning 1/4 left step left to side, touch right beside left 9:00 |

|  |  |
| --- | --- |
| 5-6 | Step right forward, touch left beside right |

|  |  |
| --- | --- |
| 7-8 | Turning 1/4 left step left to side, touch right beside left 6:00 |

**BEGIN AGAIN!**

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