

# 5-6-7-8

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: "Rodeo" Ruth Lambden (UK)

Musik: 5,6,7,8 - Steps



## Heel And Toe Twists & Clap

- 1 - 4            Twist Heels Left. Twist Toes Left. Twist Heel Left. Clap.  
5 - 8            Twist Heel Right. Twist Toes Right. Twist Heels Right. Clap.

## Step Slaps & Hip Pushes.

- 9 - 10           Step Left Foot Forward & Slap Left Hand On Left Hip.  
11 - 12          Step Right Foot Forward & Slap Right Hand On Right Hip.  
13 - 14          Bend Knees. Push Hips Left As You Straighten Legs.  
15 - 16          Bend Knees. Push Hips Right As You Straighten Legs.

## Right & Left Chasse With Lasso.

- 17 - 18          Step Right To Right Side. Close Left Beside Right.  
19 - 20          Step Right To Right Side. Close Left Beside Right.

### (While Performing Steps 17 - 20 Lasso With Right Arm)

- 21 - 22          Step Left To Left Side. Close Right Beside Left.  
23 - 24          Step Left To Left Side. Close Right Beside Left.

### (While Performing Steps 17 - 20 Lasso With Left Arm)

## Pistol Points (with Optional Heel Jacks).

**Note : Link Hands To Make Gun Shape And Hold To Chest.**

- 25 - 26          Stretch Arms Out To Left Diagonal. Bend Elbow & Return To Chest.  
27 - 28          Stretch Arms Out To Right Diagonal. Bend Elbows & Return To Chest.

**Option : The More Experienced Dancer May Like To Put Heel Jacks With These Pistol Points.**

## March 1/4 Turn Left, Rolling Fists.

- 29 - 32          Turn 1/4 Turn Left By Marching On Spot - Right , Left, Right, Left.

**Note : While Marching On Spot Roll Left Fist In Front Of Chest And Right Fist Above Head Shouting - 5, 6, 7, 8.**

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