Five Into One

Count: 32 **Wall:** 4 **Level:** Easy Beginner
Choreographer: Nigel Hobman (ES) - May 2021
Music: Lose Control - Meduza, Becky Hill & Goodboys

Other track suggestions :-
Black Lace - Penny Arcade
Mama Africa -Two in one
Boz Scaggs - Fly like a bird
Alan Jackson - Meat and Potato Man
The dance is named FIVE INTO ONE so as not to directly relate to a specific track. It incorporates only 5 step sequences in the one dance, for ultra beginners to practice with no tags or restarts.
I have made some other track suggestions but there are hundreds of tracks you could choose to speed it up or slow it down.

SECTION 1. WALK FORWARD, KICK, WALK BACK TOUCH

1,2,3,4	Walk forward RF, LF, RF, Kick Left foot forward
5,6,7,8	Walk back LF, RF, LF, Touch RF beside LF

SECTION 2. GRAPEVINE RIGHT, GRAPEVINE LEFT

1,2,3,4	RF to R side, LF behind RF, RF to R side, touch LF beside RF
5,6,7,8	LF to L side, RF behind LF, LF to L side, touch RF beside LF

SECTION 3. PIVOT ¼, PIVOT ¼, ROCKING CHAIR

1,2,3,4	Step RF FWD, Make ¼ turn L recovering weight on LF - X2 (So turning ½ in total)
5,6,7,8	Rock RF FWD, Recover on LF in place, Rock RF back, Recover on RF in place

SECTION 4. JAZZ BOX, JAZZ BOX ¼ TURN

1,2,3,4	Cross RF over LF, Step back on LF, Step RF to R side, Step LF beside RF
5,6,7,8	Cross RF over LF, Step back on LF, Make ¼ R Stepping RF to R side, Step LF beside RF

I Hope this dance gets your new beginners off on the right foot - Enjoy it with your favourite music

Many Thanks - Nigel

Azaharcountylinedancing@gmail.com