5 Minute Dance

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!

Contact: madbealz@aol.com