9 TO 5 (朝九晚五) (zh)

拍数: 32 **墙数:** 4 **级数:** Improver

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音乐: 9 To 5 - Dolly Parton

前奏： 16 Count intro 16拍後起跳

第一段 **Walks To Right Diagonal, ½ Turn Left Step, Walks To Right Diagonal, ½ Turn Right Step 右斜角走 走, 踏 轉 踏, 走 走, 踏 轉 踏**

1-2 Facing right diagonal (1o/c) walk forward on right, walk forward on left
(面向右斜角1點鐘)右足前走, 左足前走

3&4 Still facing right diagonal, step forward on right, ½ pivot turn left, step forward on right (面向斜角)右足前踏, 左軸轉180度, 右足前踏

5-6 Facing right diagonal (7o/c) walk forward on left, walk forward on right
(面向右斜角7點鐘)左足前走, 右足前走

7&8 Still facing right diagonal, step forward on left, ½ pivot turn right, step forward on left (仍面向斜角)左足前踏, 右軸轉180度, 左足前踏

RESTART: Wall 4 facing 9o/c. Dance up to count 8 of Section 1 only and restart the dance. 第四面牆面向9點鐘, 跳至此, 從頭起跳

第二段 **Heel Switches, Cross & Heel, Cross Step Back, Coaster Step (Full Turn) 踵收踵收, 交叉 後踏 踵收, 交叉 後踏, 海岸步(或轉圈)**

1&2 Still facing right diagonal (1o/c) touch right heel forward, step right in place, touch left heel forward
(仍面向1點鐘)右足踵前點, 右足踏, 左足踵前點

&3&4 Step left in place, cross right over left, step slightly back on left, touch right heel forward
左足踏, 右足於左足前交叉踏, 左足略後踏, 右足踵前點

&5-6 Step right in place, cross left over right, step back on right (straightening up to 12o/c)
右足踏, 左足於右足前交叉踏, 右足後踏(轉正回12點鐘)

7&8 Step back on left, step right next to left, step forward on left (or full triple turn left) 左足後踏, 右足併踏, 前踏(進階版:三步左轉圈)

第三段 **Walks Forward, Mambo Step, Walks Back, Coaster Step**
走, 走, 前曼波, 後走 後走, 海岸步

1-2 Walk forward on right, walk forward on left 右足前走, 左足前走

3&4 Rock forward on right, recover back on left, step back on right
右足前下沉, 左足回復, 右足後踏

5-6 Walk back on left, walk back on right 左足後踏, 右足後踏

7&8 Step back on left, step right next to left, step forward on left
左足後踏, 右足併踏, 左足前踏

第四段 **½ Pivot Turn Left, ¼ Pivot Turn Left, Side Cross, Step Back Back**
踏 轉, 踏 1/4, 側踏 交叉, 後 後

1-2 Step forward on right, ½ pivot turn left 右足前踏, 左軸轉180度

3-4 Step forward on right, ¼ pivot turn left (weight is now on left)
右足前踏, 左轉90度(重心在左足)

5-6 Change weight to right, cross left over right
重心移至右足, 左足於右足前交叉踏

7-8 Step back on right (angling yourself to new right diagonal), drag left back next to right and take the weight (3o/c)
右足後踏(身體面向右斜角), 左足後拖併踏(面向3點鐘)