

5 Foot 9

拍數: 32 牆數: 4 級數: Improver
編舞者: Candace Jajo-Burns (USA) - July 2022
音樂: 5 Foot 9 - Tyler Hubbard



*** 2 restarts

Intro – 16 counts

S1 Heel, Hook, heel, shuffle to the R, LF rock recover, shuffle to the L

1&2 Place RF heel forward, hook RF over LF, place RF heel forward
3&4 Shuffle to R (step RF to R, close LF next to RF, step RF to R)
5-6 Rock LF across RF, recover on RF
7&8 Shuffle to L (step LF to L, close RF next to LF, step LF to L)

S2 Heel & heel, heel-hook-heel-hook, paddle ¼, paddle ¼ turn

1&2& Place RF heel forward, close RF next to LF, place LF heel forward, close LF next to RF
3&4& Place RF heel forward, hook RF, place RF heel forward, hook RF
5-6 Paddle ¼ turn over L shoulder with RF (step RF forward, push with RF to make a ¼ turn over L shoulder)
7-8 Paddle ¼ turn over L shoulder with RF (step RF forward, push with RF to make a ¼ turn over L shoulder)

S3 Cross shuffle, pivot 1/2 turn, step, box step

1&2 Cross shuffle L (cross RF over LF, step LF to L, cross RF over L)
3&4 Step LF to L and face body towards 3:00 wall, pivot ½ turn over R shoulder, step LF forward
5-8 R box step (cross RF over LF, step LF back, step RF to R side, close LF next to RF)

S4 Rocking chair, pivot ½ turn, jump R, jump L

1-4 Rock forward on RF, recover on LF, rock back on RF, recover on LF
5-6 Step RF forward, pivot ½ turn over L shoulder
&7&8 Jump on RF, touch LF next to RF, Jump on LF, touch RF next to LF

*Restart 1 after 16 counts of wall 2

*Restart 2 after 24 counts of wall 5

*Updated 10-15-22

YouTube: PHX Dance with Candace

Facebook: PHX Dance

Instagram: @phxlivedance

Last Update – 16 Oct. 2022