

# 5 Minutes

拍數: 0      牆數: 4  
編舞者: Carola Bentz (DE)  
音樂: 5 Minutes - Kamary

級數: Intermediate/Advanced



Sequence: 1/2A, AAA, ABA, AAA

## PART A

**SKATE STEP, SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP, SIDE STEP, SLIDE, ¼ TURN RIGHT WITH KNEE ROLL, TOUCH BACK**

- 1            On ball of left foot swivel body slightly to the right stepping right to right side
- 2            Step left foot to left side
- 3&          Rock right behind left, recover weight onto left
- 4            Step right foot to right side
- 5&          Rock left behind right, recover weight onto right
- 6-7        Step left to left side, slide right toe next to left foot
- &            Do ¼ turn right, initiated by rolling right knee out to right side (weight ends on right foot, you're now facing 3:00)
- 8            Touch left toe diagonally back left with left leg extended (right leg should be bent now)

### Hands:

**LADY:** on count 8 push right arm upward and left arm forward

**MAN:** on count 8 clench fists pushing right arm upward and left arm forward

**RONDÉ, BODY ROLL DOWN, HITCH, TAP, 2X RONDÉ WITH ½ TURN RIGHT, TAP, HIP BUMP, KICK**

- 1-2        Drag left toe to the right next to right foot

### HANDS:

**LADY:** On count "1" move right hand down behind your head; extend right arm forward on count "&2" passing by right side of your face

**MAN:** On count "1" move right fist down to head height; push right fist forward next to left fist on count "2"

- 3            Body roll down (weight ends on left foot)

### HANDS:

**BOTH:** Move hands in front of your body and down as you do the body roll

- &4        Hitch right knee across left leg; touch right toe out to right side
- 5        Pivot ½ turn right on ball of left dragging right foot next to left (9:00)
- &        Change weight onto right foot
- 6        Pivot ½ turn right on ball of right dragging left toe out to left side (3:00)
- 7&8     Touch left toe forward; bump hips to the left; kick left foot forward

**LOCK SHUFFLES BACK LEFT-RIGHT, TOUCH, ¼ TURN LEFTS & TOUCH WITH ¼ TURN LEFT, SIDE TOUCH, ¼ TURN LEFT & TOUCH**

- 1&2        Step left foot back; lock right foot across in front of left; step left foot back
- 3&4        Step right foot back; lock left foot across in front of right; step right foot back
- &5        Step left foot next to right; touch toe forward #
- &        Step right foot next to left turning ¼ left (12:00)
- 6        Touch left toe forward turning ¼ left (9:00)
- &7        Step left foot next to right; touch right toe out to right side
- &8        Step right foot next to left; touch left toe forward doing ¼ turn left (6:00)

**KICK BALL TOUCH WITH ATTITUDE TO LEAN BACK, STEP, STRUT STEP, CROSS STRUT STEP, STRUT STEP ¼ LEFT, STRUT STEP, FULL TURN RIGHT**

- 1&2 Kick left foot forward; step on ball on left foot; touch toe forward while leaning back upper body
- & Step onto right foot
- 3& Touch left toe to left; step onto left foot
- 4& Touch right toe cross over left foot; step onto right foot
- 5& Touch left toe forward with  $\frac{1}{4}$  turn left; step onto left foot
- 6& Touch right toe next to left foot; step down right foot without shifting weight onto right
- 7-8 Do a full turn to the right on ball of left foot sliding right to next to left to support balance

**OPTIONAL HANDS:**

On count "&" (before of "7") point both hands to left side. While you do the turn on 7-8 swing right hand to the right and left hand over your head ("7"), then right hand over your head and left hand to the left ("&"), furthermore swing right hand to the right keeping left arm extended on left side ("8")

**PART B**

- 1-24 Do steps 17-24 of Part A three times (look shuffle back left-right, touch,  $\frac{1}{4}$  turn left & touch  $\frac{1}{4}$  turn left, side touch,  $\frac{1}{4}$  left and touch)
- 25-28 Do last 4 counts of Part A (strut step  $\frac{1}{4}$  left, strut step, full turn)

**Start to dance at the vocals "hello, my friend ..." and do the first 16 counts. Then there is a break: step down onto left on "&" and start again from count 1. Go on by dancing Part A four whole times. After 4th round start with Part B of the dance. At this time you'll recognize a change of melody. Dance Part B only once and go on with Part A again.**

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