

Friday At Five

48 Count, 4 Wall, Improver

Choreographer: Cheryl & Gary Parker, Robyn Groot & Linda Wolfe (Aus) April 2009

Choreographed to: Friday At Five by John Michael Montgomery, CD: Kickin' It Up

32 count intro

1. VINE/VINE RIGHT, VINE/VINE LEFT

1-4 Step right to side, cross left behind right, step right to side, touch left together
5-8 Step left to side, cross right behind left, step left to side, touch right together

2. RIGHT SHUFFLE FORWARD, FORWARD ROCK, TURN ½ LEFT SHUFFLE BACK, TURN ½ RIGHT SHUFFLE BACK

1&2 Shuffle forward right, left, right
3-4 Rock left forward, recover to right
5&6 Shuffle back turning ½ left stepping left, right, left (6:00)
7&8 Shuffle forward turning ½ left stepping right, left, right (12:00)

3. LEFT COASTER CROSS, RIGHT SIDE ROCK & CROSS, LEFT HEEL BALL STEP TWICE

1&2 Step left back, step right together, cross left over right
3&4 Rock right to side, recover to left, cross right over left
5&6 Touch left heel forward, step left together, step right slightly forward
7&8 Touch left heel forward, step left together, step right slightly forward

Restart wall 5

4. STEP, PIVOT TURN ¼ RIGHT, BEHIND, SIDE, CROSS, RIGHT SIDE ROCK, BEHIND, SIDE CROSS

1-2 Step left forward, turn ¼ right (weight on right) (3:00)
3&4 Cross left behind right, step right to side, cross left over right
5-6 Rock right to side, recover to left
7&8 Cross right behind left, step left to side, cross right over left

5. LEFT TOE STRUT FORWARD, STEP, PIVOT TURN ½ LEFT, RIGHT TOE STRUT FORWARD, STEP PIVOT TURN ½ RIGHT

1-2 Step left toe forward, drop left heel
3-4 Step right forward, turn ½ left (weight on left) (9:00)
5-6 Step right toe forward, drop right heel
7-8 Step left forward, turn ½ right (weight on right) (3:00)

6. FORWARD ROCK, LEFT TRIPLE STEP TURN ½ LEFT, FORWARD ROCK, BACK ROCK, (RIGHT ROCKING CHAIR)

1-2 Rock left forward, recover to right
3&4 Triple step in place turning ½ left stepping left, right, left (9:00)

Restart walls 3 & 6

5-6 Rock right forward, recover to left
7-8 Rock right back, recover to left

RESTARTS

On wall 5, dance to count 23, on count 24 touch right together, then restart the dance

On walls 3 & 6, dance to count 44, restart the dance

ENDING

To finish the dance, starting from the back wall, dance to count 14 (left shuffle forward) then stomp right, stomp left
