
Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 WALK FORWARD, KICK, WALK BACK TOUCH

1-2-3-4 Walk forward RF, LF, RF, Kick Left foot forward
5-6-7-8 Walk back LF, RF, LF, Touch RF beside LF

SEC 2 GRAPEVINE RIGHT, GRAPEVINE LEFT

1-2-3-4 RF to R side, LF behind RF, RF to R side, touch LF beside RF
5-6-7-8 LF to L side, RF behind LF, LF to L side, touch RF beside LF

SEC 3 PIVOT ¼, PIVOT ¼, ROCKING CHAIR

1-2-3-4 Step RF FWD, Make ¼ turn L recovering weight on LF-X2 (6:00)
5-6-7-8 Rock RF FWD, Recover on LF in place, Rock RF back, Recover on RF in place

SEC 4 JAZZ BOX, JAZZ BOX ¼ TURN

1-2-3-4 Cross RF over LF, Step back on LF, Step RF to R side, Step LF beside RF
5-6-7-8 Cross RF over LF, Step back on LF, Make ¼ R Stepping RF to R side, Step LF beside RF (9:00)

Choreographers Note

The dance is named FIVE INTO ONE so as not to directly relate to a specific track. It incorporates only 5 step sequences in the one dance, for ultra beginners to practice with no tags or restarts.

I have made some other track suggestions but there are hundreds of tracks you could choose to speed it up or slow it down

Other track suggestions

Black Lace – Penny Arcade

Mama Africa -Two in one

Boz Scaggs - Fly like a bird

Alan Jackson – Meat and Potato Man

