

## **Five Into One**

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Absolute Beginner Level Dance.
Choreographed by: Nigel Hobman (ES) May 2021
Choreographed to: Lose Control by Becky Hill & Meduza
Intro: 16 Counts. Start on vocal at approx 7 secs.

**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 1/4 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

