

5-10-15 Swing!

Choreographed by Scott Blevins (May 2011)

Step Sheet Prepared by Debi Pancoast (www.FootNotesByDeb.com)

Phrased (A=48 counts, B=48 counts), 4 Wall East Coast Swing line dance

Music: "5-10-15 Hours" by Blue Harlem ftg. Imelda May, Album: "Talk To Me" available on iTunes and Amazon

Sequence: A B A B A A A B after 16 count intro to start with the lyrics "Baby, baby, baby..."

Part A (48 counts)

1-8

- 1,2,3,4 1) Open body slightly to left diagonal stepping forward on R with both knees bent and swing hips to right; 2) Swing hips to left;
3) Swing hips to right; 4) Swing hips to left taking weight onto L foot squaring up to 12:00 wall and straighten knees
5,6,7&8 5) Step back R; 6) Hold; 7) Small step back L; &) Step together R; 8) Small step back L

9-16

- 1,2 1) Turn ½ right stepping forward R [6:00]; 2) Turn ½ right on ball of R bringing L foot next to R calf (figure "4") [12:00]
3,4,5,6,7,8 3) Rock side L; 4) Recover weight side on R; 5) Step L across R; 6) Rock side R; 7) Recover weight side on L; 8) Step R across L

17-24

- 1&2,3,4 1) Small step side L; &) Step together R; 2) Small step side L; 3) Rock R across L; 4) Recover weight back on L
5&6,7,8 5) Small step side R; &) Step together L; 6) Small step side R; 7) Rock L across R; 8) Recover weight back on R

25-32

- 1,2,3,4 1) Strong "pose" step side L holding hands out to sides at waist level with palms down; 2) Hold; 3) Turn ¼ left stepping forward R [9:00];
4) Pivot ¾ left taking weight forward on L (slight crossed leg, thigh locked at this point) [12:00]
5,6,7,8 5) Strong "pose" step side R holding hands out to sides at waist level with palms down; 6) Hold; 7) Turn ¼ right stepping forward L [3:00];
8) Pivot ½ right taking weight forward on R [9:00]

33-40

- 1,2,3,4 *Half Turning Jazz Box:* 1) Small step forward L; 2) Step R across L; 3) Turn ¼ right stepping back L [12:00]; 4) Turn ¼ right stepping forward R [3:00]
5&6,7,8 5) Small step forward L; &) Step together R; 6) Small step forward L; 7) Rock forward R; 8) Recover weight back on L

41-48

- 1&2,3,4 1) Turn ¼ right taking small step side R [6:00]; &) Step together L; 2) Turn ¼ right L taking small step forward R [9:00]; 3) Step forward L;
4) Pivot ½ right taking weight forward on R [3:00]
5,6,7,8 5) Step forward L; 6) Hold; 7) Turn ½ left stepping back R [9:00]; 8) Turn ½ left stepping forward L [3:00]

Part B (48 counts)

1-8

- 1,2,3,4 1) Step forward R; 2) Turn ¼ right stepping side L [6:00]; 3) Hold; 4) Turn ¼ right stepping forward R [9:00]
5,6,7,8 5) Turn ¼ right stepping side L [12:00]; 6) Hold; 7) Rock R across L; 8) Recover weight back on L

9-16

- 1,2,3&4 1) Turn ¼ right stepping forward R [3:00]; 2) Hold; 3) Turn ¼ right taking small step side L [6:00]; &) Step together R;
4) Turn ¼ right taking small step back L [9:00]
5,6,7,8 5) Rock back R; 6) Recover weight forward on L; *Boogie Walk:* 7) Lift R hip as you step forward R; 8) Lift L hip as you step forward L

17-24

- 1,2,3 1) Step forward R opening R foot toward 12:00 keeping body towards 9:00;
2) Turn ¼ right taking small step side L, keep knees straight/locked and push hips to L [12:00]; 3) Hold
4,5,6,7,8 4) Keeping knees straight/locked push hips R; 5) Keeping knees straight/locked push hips L; 6) Hold; 7) Rock R across L; 8) Recover weight back on L

25-32

- 1,2,3&4 1) Turn ¼ right stepping forward R [3:00]; 2) Turn ¼ right stepping side L [6:00]; 3) Step R behind L;
&) Turn ¼ left with small step forward on ball of L [3:00]; 4) Turn ¼ left stepping side R [12:00]
5&6,7&8 *Sailor Step:* 5) Step L behind R; &) Small step side R; 6) Step side L; *Sailor Step:* 7) Step R behind L; &) Small step side L; 8) Step side R

33-40

- a1,a,2,a a) Lift L knee slightly; 1) Small, sharp kick down with L across R; a) "Retract" the kick by pulling L knee up slightly;
2) Small, sharp kick down with L to side; a) "Retract" the kick by pulling L knee up slightly
3&4 *Sailor Step:* 3) Step L behind R; &) Small step side R; 4) Step side L
5&6,7,8 5) Step R behind L; &) Turn ¼ left stepping forward L [9:00]; 6) Step forward R; 7) Pivot ½ left taking weight forward on L [3:00];
8) Turn ¼ left stepping side R [12:00]

41-48

- 1,2&3,4 1) Rock L across R; 2) Recover weight back on R; &) Step side L; 3) Rock R across L; 4) Recover weight back on L
&5,6 &) Turn ¼ right stepping forward R [3:00]; 5) Rock forward L; 6) Recover weight back on R
7&8 *Coaster Step:* 7) Step back L; &) Step together R; 8) Step forward L

ENDING

Part B, counts 45-48 are modified for a big finish. During the final rotation, the dance ends with Part B, and the last few counts are modified to give you a nice ending to face your front wall.

- 5,6,7-8 5) Rock forward L; 6) Recover weight back on R; 7-8) Turn ¼ left taking a large step side L dragging R toe [12:00] and arms out to sides – *Tah Dah!!*

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