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5 x 7

SONG: "5 x 7" BY COOPER ALAN.
ALBUM: "WINSTON - SALEM" LEVEL: IMPROVER
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.
CHOREOGRAPHER: AMANDA BOWDEN, SHIRLENE McCLOUD & GORDON ELLIOTT. AUSTRALIA. October 2026

BEATS	STEPS: This dance is done in FOUR directions. INTRO : 16 Beats
	SIDE, TOUCH-OUT-OUT, ACROSS,
	1/4 BACK, SIDE, ACROSS, 1/8 FORWARD
1, 2	STEP R TO THE SIDE, TOUCH L TOE TOGETHER,
& 3, 4	STEP L TO THE SIDE, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT
5, 6	TURN 90° LEFT STEP R BACK, STEP L TO THE SIDE, (9.00)
7, 8 ##	STEP R ACROSS IN FRONT OF LEFT, TURN 45* LEFT STEP L FORWARD. (7.30)
	FORWARD, KICK, 1/8 BEHIND-SIDE-ACROSS
	SCISSOR STEP, 1/4 SHUFFLE BACK
1, 2	STEP R FORWARD, KICK L FORWARD
3	TURN 45° RIGHT STEP L BEHIND R, (9.00)
& 4	STEP R TO THE SIDE, STEP L ACROSS RIGHT
5 & 6	STEP R TO THE SIDE, STEP L TOGETHER, STEP R ACROSS IN FRONT OF LEFT,
7 & 8 #	TURN 90° RIGHT SHUFFLE BACK STEP : L-R-L. (12.00)
	BACK, ROCK, HEEL & HEEL &
	HEEL-HOOK-HEEL & FORWARD, SCUFF
1, 2 ^^	STEP R BACK, ROCK FORWARD ONTO L,
3 &	TOUCH R HEEL FORWARD, STEP R TOGETHER,
4 &	TOUCH L HEEL FORWARD, STEP L TOGETHER,
5 &	TOUCH R HEEL FORWARD, HOOK R HEEL TO LEFT SHIN,
6 &	TOUCH R HEEL FORWARD, STEP R TOGETHER,
7, 8	STEP L FORWARD, SCUFF R FORWARD (12.00)
	FORWARD, ROCK, 1/2 SHUFFLE FORWARD,
	PADDLE TURN, SHUFFLE ACROSS
1, 2	STEP R FORWARD, ROCK BACK ONTO L
3 & 4	TURN 180° RIGHT SHUFFLE FORWARD STEP : R-L-R, (6.00)
5, 6	PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, (9.00)
7 & 8	SHUFFLE LEFT ACROSS IN FRONT OF RIGHT STEP : L-R-L. (9.00)
32	REPEAT THE DANCE IN NEW DIRECTION
	RESTART 1 : On WALL 2 dance to BEAT 16 (#) & RESTART facing 9.00 **RESTART 2 :** On WALL 4 dance to BEAT 8 (##) & RESTART facing 3.00 **RESTART 3 :** On WALL 8 dance to BEAT 16 (#) & RESTART facing 6.00 **ENDING :** Wall 10 starts facing 3.00. Dance to BEAT 18 (^^) & ADD TURN 90° LEFT STOMP R TO THE SIDE.

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