

9 To 5

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MUSIC: 9 To 5 (Dolly Parton)
RHYTHM: West Coast Swing **TIME @ BPM:** Slow if desired
PHASE (+): V
FOOTWORK: Opposite unless indicated [*W: Woman's foot in italics*]
SEQUENCE: **Introduction A B C Bridge A B C (Modified) B C (Modified) B (1 – 6)**
NOTE: Many of the figures split measures. To indicate this the following notation is used:
1 – 2 : figure requires two measures, not split, (8 beats)
1 –)2 : figures requires 1 and 1/2 measures, all of the first measure (4 beats), first half of second (2 beats) (6 beats total)
(2 – 3: figures requires 1 and 1/2 measures, second half of first measure (2 beats), all of second (4 beats) (6 beats total)
(2 –)4: figures requires 2 measures, second half of first measure (2 beats), all of second measure (4 beats), and first half of third measure (2 beats) (8 beats total)

Introduction

1 – 4 Wait; Heel Pops (4); Turning Hip Bump (4); Lunge Away and Together (4);

- 1 Wait for one measures standing Akimbo in OFP no hands joined Man facing WALL;
- 2 [Heel Pops (1234)] With weight on both feet pop both knees forward allowing heels to lift off floor just before the beat and push the heels down ON the beat, four times ending with weight on Man's R and Woman's L foot, lead feet free;
- 3 [Turning Hip Bumps (1234)] Making 1/2 turn RF over four beat "scooch" the R foot RF while tapping L to side to end back to back Man facing COH;
[W: "scooch" the L foot LF while tapping R to side to end facing WALL;]
- 4 [Lunge Away and Together (1234)] Turning RF lunge side L toward COH, continue RF turn recover R, continue RF turn to face partner and WALL forward L, close R taking a loose SCP facing LOD;
[W: Turning LF lunge side R toward WALL, continue LF turn recover L, continue LF turn to face partner and WALL forward R, close L;]

Part A

1 – 8 Throwout Woman Overturn (4); Chicken Walks (4); Side Breaks (4); Basketball Turn (4); Tummy Whip (8); ; Surprise Whip with Freeze (8); ;

- 1 [Throwout Overturn (1&2 3&4)] Triple L / R, L turning to face LOD, triple in place R / L, R to end in LOFP Man facing LOD;
[W: Forward triple turning LF R / L, R to face RLOD and continue LF turn to face almost LOD, forward triple L / R, L;]
- 2 [Chicken Walks (1234)] Back L, back R, back L, back R leading Woman to swivel on each step to end in LOFP Man facing LOD;
[W: Swivel RF to face partern and RLOD forward R swiveling slightly RF, forward L swiveling slightly LF, forward R swiveling slightly RF, forward L swiveling slightly LF;]
- 3 [Side Breaks (1&2&3&4&)] Push step L /push step R, close L /close R, push step L /push step R, close L /close R;

- 4 [Basketball Turn (1234)] Lunge side L toward COH, recover R turning RF, lunge side L toward WALL, recover R turning RF to end in LOFP facing LOD preparing to join lead hands;
- 5 - 6 [Tummy Whip (12 3&4 56 7&8)] Back L, forward R out of the slot placing R hand on Woman's right hip, forward L / basketball style turn 1/2 RF recover R, forward L toward RLOD wide step now in Shadow Position; Close R to L and spin RF 1/2 releasing hand from Woman's hip, forward L toward LOD offering left hand to Woman, triple R / L, R to end in LOFP Man facing LOD;
[W: Forward R, forward L, forward R / close L, back R; Back L, back R, back triple L / R, L;]
- 7 - 8 [Surprise Whip (12 3&4 56 7&8)] Back L, forward R out of the slot placing R hand on Woman's left shoulder blade, forward L / basketball style turn 1/2 RF recover R, forward L toward RLOD wide step now in CP; Turning Woman RF to SCP check forward R toward RLOD, recover L raising joined lead hands, side L checking in LOFP Man facing RLOD, hold;
[W: Forward R, forward L swivel 1/2 RF L, back R / close L to R, forward R between Man's feet now in CP; Pivot 1/2 RF on R then check back L in SCP facing RLOD, recover forward R and spin RF 1/2 on ball of R, side L and freeze in LOFP position facing LOD, hold;]

Part B

1 - 8 Left Side Pass with Tuck Turn to Triple Traveller with Rolls (18) ; ; ; -, - Tuck and Spin (6) ; ; Whip to SCP (8) ; ;

- 1 - 5 [Left Side Pass w/ Tuck Turn to Triple Traveller w/ Rolls (12 3&4 5&6 78 9&10 11&12 13&14 15 16 17&18)] Turning LF side L, close R now facing WALL raising joined lead hands, close L / close R, turning LF forward L toward LOD allowing Woman to turn RF under joined lead hands; Triple R / L, R to Right Hand Star facing LOD, commence RF turn forward L toward LOD then spiral RF, forward R toward LOD; Triple L / R, L to end left hand star, turning LF to right hand star triple R / L, R; Turning RF to left hand star triple L / R, L, turning LF forward R toward LOD spiral LF, forward L toward LOD; Triple forward R / L, R to end in LOFP Man facing LOD, (WHEW!)
[W: Forward R, forward L commence slight LF turn under joined lead hands, side R small step / recover L, turning RF under joined lead hands forward R; Triple backing up to right hand star L / R, L, turning RF forward R toward LOD pivot RF 1/2, back L toward LOD; Back triple R / L, R to end in left star, back triple turning LF L / R, L to right hand star; Back triple turning RF R / L, R to left hand star, turning LF forward L toward LOD roll LF 1/2, back R toward LOD; Back triple L / R, L;]
- (5 - 6 [Tuck and Spin (12 -4 5&6)] Back L, close R; Touch L raising joined lead hands (OPTION: press back L / recover R), forward L allowing Woman to turn under joined lead hands, triple in place R / L, R to end in LOFP facing LOD;
[W: Forward R, forward L; Touch R (OPTION: press back R / recover L), forward R toward DC then spin RF on R turning under joined lead hands, continue RF turn triple L / R, L;]
- 7 - 8 [Whip to SCP (12 3&4 56 7&8)] Back L, forward R out of the slot placing R hand on Woman's left shoulder blade, forward L / basketball style turn 1/2 RF recover R, forward L toward RLOD wide step now in CP; Close R to L and spin RF 1/2, forward L toward LOD continue RF turn, side triple R / L, R to end in SCP facing LOD;
[W: Forward R, forward L swivel 1/2 RF L, back R / close L to R, forward R between Man's feet now in CP and pivot 1/2 RF on R; Back L continue RF turn still in CP, forward R between Man's feet continue RF turn, side triple L / R, L to end in SCP;]

Part C

1 - 8 Jive Walks (6) ; -, -, Solo Roll IN (2); Jive Walks (no rock) (4); Swivel Walks (4); Change Places R to L (no rock) (4); Cheek to Cheek (6); -, -, Underarm Turn w/ Slide (6); ;

- 1 – 2) [Jive Walks (12 3&4 5&6)] Rock back L in SCP, recover R, forward triple L / R, L moving LOD; Forward triple R / L, R moving LOD to end in SCP facing LOD;
 (2) [Solo Roll IN (34)] Forward L spiral RF 3/4, forward R toward LOD;
[W: Forward R spiral LF 3/4, forward L toward LOD;]
- 3 [Jive Walks (no rock) (1&2 3&4)] Blending to SCP facing LOD forward triple L / R, L moving LOD, forward triple R / L, R moving LOD to end in SCP facing LOD;
 4 [Swivel Walk (1234)] Forward L, thru R, forward L, thru R swiveling on each step;
 5 [Change of Places Right to Left (no rock) (1&2 3&4)] Forward triple L / R, L raising joined lead hands, triple in place allowing Woman to turn RF under joined lead hands R / L, R to end in LOFP Man facing LOD;
[W: Forward triple R / L, R commencing RF turn under joined lead hands, continue RF turn under joined lead hands triple L / R, L to end facing RLOD;]
- 6 -)7 [Cheek to Cheek (12 3&4 5&6)] Back L, recover forward R commence RF turn, lift L knee up continue RF turn touching left hip to Woman's right hip, cross L in front turning LF to face partner; Triple in place R / L, R,
[W: Forward R, forward L commence LF turn, lift R knee up continue LF turn touching right hip to Man's left hip, cross R in front turning RF to face partner; Triple in place L, / R, L,]
- (7 - 8 [Underarm Turn with Slide (12 3&4 5-)] Back L, forward R out of the slot and raising joined lead hands; Turning RF to face WALL rock side L / recover R, L XIF of R moving toward RLOD, side R and slide toward RLOD to end in LOFP Man facing WALL;
[W: Forward R, forward L; Forward triple R / L, R passing under joined lead hands and turning 1/2 LF on last step, continue LF turn 1/4 then step side L toward RLOD and slide;]

Part C MODIFIED

(7 - 8 Underarm Turn

- (7 - 8 [Underarm Turn (12 3&4 5&6)] A normal Underarm Turn:
 Back L, forward R out of the slot and raising joined lead hands; Close L / close R, turning RF 1/4 side L to face RLOD, triple in place R / L, R to end in LOFP facing RLOD;
[W: Forward R, forward L commence LF turn under joined lead hands; Continue LF turn under joined lead hands triple R / L, R turning to face LOD, triple in place L / R, L;]

Bridge

1 - 2 Turning Hip Bumps (4); Lunge Away and Together (4);

- 1 – 2 Repeat the action from Measure 3 and 4 of the Introduction.

ABCI ABC BC B(1-6)

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|---|--|--|
| | WAIT TURNING HIP BUMPS | HEEL POPS LUNGE AWAY & TOGETHER |
| A | THROWAWAY OVERTURNED QUICK SIDE BREAKS TUMMY WHIP SUPRISE WHIP WITH FREEZE | CHICKEN WALKS 4 QUICK BASKETBALL TURN ---- ---- |
| B | LEFT SIDE PASS WITH TUCK TURN TO TRIPLE TRAVEL WITH ROLL ---- ---- ---- WHIP TO SCP LOD | ---- ---- <TUCK & SPIN ---- |
| C | JIVE WALKS <ROLL 2 & 2 TRIPLES RIGHT TO LEFT (NO ROCK) ----- | ---- SWIVEL WALK 4 CHEEK TO CHEEK <UNDERARM TURN WITH SLIDE (1) <UNDERARM TURN (2 3) |
| I | TURNING HIP BUMPS | LUNGE AWAY & TOGETHER |

9 TO 5 (LAMBERTY HALBERT) 366
(FC WALL LADY NO HANDS WEIGHT ON BOTH FEET)
(SLOW IF DESIRED)