

# Five O'Clock World

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Record: Five O'Clock World (Flip of ???) REXL Records  
Sequence: Introduction AB AB AB West Coast Swing Phase: 4  
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## Introduction

**1-4 WAIT 2 MEASURES IN OPEN FACING WALL, NO HANDS;; SIDE/SIDE, REACH STEP IN. CLOSE; SIDE/SIDE, REACH STEP IN. CLOSE;**

- 1-2 Wait in Open Facing Wall no hands joined;;  
3 [Q&QQQ] Side L / side R to stand with weight between feet and about shoulder width apart, reach strongly for the sky with both hands and fingers spread wide, transferring weight to R step under body L, close R to L;  
4 Repeat Measure 3.

## Part A

**1-8 Sugar Push; -,-,Left Side Pass;; Reverse Underarm Turn; -,-,Sugar Push Tuck and Spin;; Sailor Shuffles;;**

- Sugar Push: Standard Figure. Commence and end in Open Facing Wall with lead hands joined.  
Left Side Pass: Standard Figure. Commence in Open Facing Wall with lead hands joined. End facing COH.  
Reverse Underarm Turn: Standard Figure. Commence in Open Facing COH. End in Open Facing Wall.  
Sugar Push Tuck & Spin: Standard Figure. Commence in Open Facing Wall. End in Open Facing Wall no hands.  
Sailor Shuffles: (1&2 3&4) L XIB of R / side R, recover side L, R XIB of L / side L, recover side R;  
Repeat for measure 8. Arms should be pressed toward the floor at your side with palms down.

## Part B

**1-12 CONTINENTIAL WITH CHEERLEADERS;; JERK 8; SWIM 8;; TAKE THE PLUNGE TWICE;; HAND JIVE;;;;**

- 1-2 [Continental (QQS; QQS;)] In Open facing Wall no hands step side L, close R to L,, side L, raise L arm up and R arm to side with R foot to side heel on floor and toe pointed up; Repeat in other direction;  
3-4 [The Jerk (SS; SS;)] Side L,-, close R to L,-; Side L,-, close R to L,-; While dancing the slow chasse 4 arms should be up and extended from the shoulder with the elbows bent so that the hands are pointing upwards at a 90 degree angle from the elbow. On the first quick of each slow the shoulder blades should be pinched together pulling the elbows back. On the second quick of each slow the shoulder blades should be very quickly released and the elbows pushed forward with a jerking motion.  
5-6 [The Swim (SS; SS;)] Side L,-, side R,-; Side L,-, side R,-; On each step make swimming motions with the arms, either using the opposite arm or the same arm as the leg, which ever is most comfortable for you.  
7 [Plunge (SS;)] Standing on both feet about shoulder width apart grasp your nose with one hand and reach for the sky with the other and skaking your booty bend the knees and go under water,-, come up for air,-;  
8 Repeat for Measure 7.  
9-10 [Hand Jive (QQQQ; QQQQ;)] In Open facing Wall no hands and weight on both feet shoulder width apart make a fist with both hands thumbs inwards and with arms fully extended in front of you tap them together, twice, swinging your arms behind you still with thumbs inward tap your fists together behind your back, twice; Releasing your fists swing your arms back in front still fully extended and palms downward allowing the hands to cross L over R (W: R over L) tap the forearms together, twice, then with a swinging movement switch the arms and tap with R over L (W: L over R), twice;  
11-12 Repeat The Hand Jive;;  
Note: Keep dancing The Hand Jive as music fades ....