



Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

COUNTRY PLUS

John & Freida Utzig
(815)389-3366

Website: www.countryplus.org
E-mail: utzig@countryplus.org

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

A Cup Of Ambition

Choreographed by Lynn Card

Description 32 count, 4 wall, beginner line dance

Music 9 To 5 by Dolly Parton (100 bpm)

a.k.a. 9 to 5

Intro 16

CHASSÉ FORWARD RIGHT-LEFT-RIGHT, ROCK LEFT, RECOVER TO RIGHT, CHASSÉ BACK LEFT-RIGHT-LEFT, ROCK RIGHT, RECOVER TO LEFT

1&2-3-4 Step right forward, step left together, step right forward, rock left forward, recover to right back

5&6-7-8 Step left back, step right together, step left back, rock right back, recover to left forward
Restart here on wall 4

RIGHT SIDE, LEFT TOGETHER, SIDE STEP TRIPLE RIGHT-LEFT-RIGHT, LEFT SIDE, RIGHT TOGETHER, SIDE STEP TRIPLE LEFT-RIGHT-LEFT

1-2-3&4 Step right side, step left together, step right side, step left together, step right side

5-6-7&8 Step left side, step right together, step left side, step right together, step left side

SYNCOATED HEEL SWITCHES: (WITH AN AB OPTION) RIGHT HEEL, LEFT HEEL, RIGHT HEEL, RIGHT HOOK, RIGHT HEEL, LEFT HEEL, RIGHT HEEL, LEFT HEEL, LEFT HOOK, LEFT HEEL

1&2&3&4 Touch right heel forward, replace right next left, touch left heel forward, step left together, touch right heel forward, hook right across left shin, touch right heel forward

&5&6&7&8 Step right together, touch left heel forward, step left together, touch right heel forward, step right together touch left heel forward, hook left across right shin, touch left heel forward

Option for 1-8: right heel, right hook, right heel, step right together, left heel, left hook, left heel, step left together

RIGHT ROCKING CHAIR, RIGHT FORWARD, TURN ¼ LEFT SIDE, RIGHT STOMP, CLAP

&1-4 Step left together, rock right forward, recover to left back, rock right back, recover to left forward

5-8 Step right forward, turn ¼ to your left stepping left to left side, stomp right next to left, clap

REPEAT