

Cup of Ambition

Count: 32

Wall: 0

Level: Beginner

Choreographer: Mary Pentangelo (USA) - September 2026

Music: 9 To 5 - Dolly Parton



1 restart

32- ct intro

[1-8] RF Shuffle Fwd, LF Rock Recover, LF Shuffle Back, RF Rock Recover

- 1&2 RF step fwd, LF step next to RF, RF step fwd
- 3-4 LF rock fwd, recover on RF
- 5&6 LF step back, RF step next to LF, LF step back
- 7-8 RF rock back, recover on LF

[9-16] R&L Fwd Cross Point, RF Box Cross

- 1-4 RF step fwd slightly cross LF, LF point to side, LF step fwd slightly cross RF, RF point side
- 5-8 RF cross in front of LF, LF step straight back, RF step parallel to LF, LF cross in front of RF

[17-24] RF Side Shuffle, LF Rock Recover, LF Step Side Together, Heel Bounce 2x

- 1&2 RF step side, LF step next to RF, RF step side
- 3-4 LF rock back and diagonal, recover RF
- 5-8 LF step side, RF step next to LF, with soft bent knees both heels lift up and down 2x

[25-32] RF Step Fwd, LF Tap, LF 1/4 Turn Step Side, RF Tap, R&L Hip Sway, Feet Collect, Clap

- 1-4 RF step fwd, LF tap to back, make a 1/4 turn over LT shoulder LF step side, RF tap next to LF
- 5-6 As RF step side sway hip to RT, sway hip to LF (taking the weight to LF)
- 7-8 RF step next to LF, hands clap in front

Restart on Wall 4 after 8 counts
