

Tumble Out of Bed

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Improver

Choreographer: Liz Wren Yardley (SCO) - September 2026

Music: 9 To 5 - Dolly Parton



Intro 16 counts start on lyrics

SECTION 1: HEEL SWITCHES X3 CLAP CLAP HEEL SWITCHES X 3 CLAP CLAP

- 1 & 2 & Place R heel forward, step R next to L, place L heel forward, step L next to R
- 3 & 4 Place R heel forward, Clap twice
- & 5 & 6 Step R next to L, Place L heel forward, step L next to R, place R heel fwd
- & 7 & 8 Step R next to L Place L heel forward, Clap twice (12.00)

SECTION 2: & ROCK FORWARD REC COASTER, STEP PIVOT 1/4 CROSS SHUFFLE

- & 1 2 Step L next to R, Rock forward R recover onto L
- 3 & 4 step R back, step L next to R, step R forward
- 5 6 Step L forward, pivot 1/4 turn R (3.00)
- 7 & 8 Cross L over right, step R to right side, cross L over right (3.00)

SECTION 3: SIDE ROCK REC BEHIND SIDE CROSS, SIDE ROCK REC BEHIND 1/4 FORWARD

- 1 2 Rock R to Right side, recover onto Left
- 3 & 4 Cross R behind L, step L to Left side, cross R over Left.
- 5 6 Rock L to Left side, recover onto R
- 7 & 8 Cross L behind R, Turn 1/4 Right stepping R forward, step forward on L. (6.00)

SECTION 4: KICK BALLCHANGE STEP PIVOT 1/4 JAZZ BOX 1/4

- 1 & 2 Kick R forward, step R next to L, step L next to R
- 3, 4 Step R forward, pivot 1/4 turn Left (3.00)
- 5 6 Cross R over L, Making a 1/4 turn R step back L (6.00)
- 7 8 Step R to right side, step L Forward (6.00)

****8 count Tag at end of wall 3 (6.00)****

TAG: ROCK REC 1/2 TURN SHUFFLE, STEP PIVOT 1/2 SHUFFLE FORWARD

- 1 2 3 & 4 Rock forward on R, recover weight onto L, Turn 1/4 Right and step Right to Right side, close Left beside Right, turn 1/4 Right and step forward Right (12.00)
- 5 6 7 & 8 Step forward L, pivot 1/2 turn R (taking weight on Right), Step forward Left, step R next to Left, step forward L (6.00)

Contact: Linedancingwithliz@gmail.com