

# Level 5



## Barre

1. Nerve Beats  
a1 a2 a3 a4 a5 a6  
Shuffle beat beat  
**X3 ½** Knock turn
2. Shuffles X4 (criss cross)  
Pick up heel knock X4  
**X3 ¾** Knock turn
3. Pick up heel X7 beat beat  
**X3 ¾** Knock turn

## Corner

1. Flat beat beat beat
2. Toe heel (4 slow then double time to end of room)

## Slow Combinations

1. Shuffle shuffle beat beat heel heel toe toe X2 (right/left)  
½ rhythm  
Flat beat brush heel beat brush heel beat brush heel beat X2  
(backwards)  
Brush (forward) heel, brush (back) heel shuffle pick-up beat beat  
Brush (forward) heel, brush (back) heel shuffle pick-up flat  
**X2**
2. Brush pick-up beat flat X4  
Beat beat brush beat beat brush beat beat brush beat beat X2 (turning)  
Tap step beat X4  
Brush back tap step beat X2  
Tap step beat X4  
Brush back tap step beat brush back brush back  
**X2**

# Level 5



## Fast Combinations

### 1. Travelling trebles X2

Treble beat beat beat X4 (backwards)

Tap step beat heel (dig) brush beat beat beat X4

Flat beat brush toe heel beat X3 (1/2 turns)

Flat beat brush beat

**X2**

### 2. Shuffle pick-up beat flat X4

Toe heel beat X7 flat flat

Feral X4

Shuffle beat beat X4

Tap step heel toe heel X3 (turning)

Tap step heel beat beat

**X2**

### 3. Flat beat brush toe heel beat brush toe heel beat brush toe heel beat

X3 (sideways/turning/sideways)

Pick up toe heel X3 pick up beat

Pain in tummy X4

Lindy no. 1

Flat knock beat hop beat hop beat flat

**X2**

### 4. Basic time step X4

Flat hop brush beat hop brush beat hop brush beat beat X2

Flat beat brush toe heel beat double spin X3

Mini roll beat beat mini roll flat

**X2**

# Level 5



## Slow Routine

1.  $\frac{1}{2}$  X  $\frac{1}{2}$  rhythm

Shuffle beat X4

**X2**

2. Brush pick-up beat flat X2

Tap step heel X4

**X2**

3. Flat beat brush beat beat X2

Pick up beat X3 beat

**X2**

4. Tap step heel shuffle beat X4

Knock pick-up beat flat X4

5. Brush back tap step beat X4

$\frac{1}{2}$  rhythm

**X2**

6. Beat beat brush beat beat brush beat beat brush beat beat

(sideways/turning) X3

Mini roll beat beat X2

7. Tap step heel shuffle behind tap step heel tap step heel brush toe heel  
tap step heel shuffle shuffle beat beat

**X2**

# Level 5



## Fast Routine

1. Flat beat brush heel beat brush heel beat brush heel beat X2  
(backwards)  
Side step X4 (heels first time, flats on repeat)  
**X2**
2. Pick up toe heel X4  
Flat beat brush beat X2 tap spring X2  
**X2**
3. Flat beat brush toe heel beat brush toe heel beat brush toe heel beat  
X4 (alternate-sideways/turning)
4. Treble beat beat beat X3  
Flat knock drag  
**X2 (left)**
5. Toe heel beat X3 flat flat  
Feral X4  
**X2**
6. Shuffle pick-up beat flat X4  
Pain in tummy X4  
**X2**
7. Flat beat beat beat toe heel toe heel toe heel toe heel X2 (turning)  
Flat flat brush back brush back flat flat flat flat brush back brush back  
Flat flat brush back brush back brush brush (criss cross) knock  
**X2**