

5am Disco

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Adam Åstmar (SWE), Lucy Cooper (UK) & Michael Lynn (UK) - December 2025

Music: Still In Da Disco - HEDEGAARD & Olivio



Intro: 16 Counts, Start at approx 9 secs

SEC 1 Side Stomp, Behind, Side, Side Touch, Side, Behind Sweep, Behind, 1/8 Step, Forward Lock Step

- 1 2& Stomp right to right diagonal, step left behind right, step right slightly to right (10:30)
- 3& Step left to left diagonal, touch right beside left (1:30)
- 4 5 Step right to right side squaring up to 12:00, step left behind right sweeping right from front to back
- 6& Step right behind left, step left forward turning 1/8 L (10:30)
- 7&8 Step right forward, lock left behind right, step right forward (10:30)

SEC 2 ¼ Ball Together, Step, Mambo Step Sweep, Behind, ¼ Step, ½ Sway, Sway

- &1-2 Turn ¼ right step left to left side, close right beside left, step left forward (1:30)
- 3&4 Rock right forward, recover weight on to left, step right back sweeping left from front to back
- 5-6 Cross left behind right, turn ¼ right stepping right forward (4:30)
- 7-8 Step left to left turning 1/8 to 6:00 swaying hips left, sway hips right (6:00)

SEC 3 Behind Sweep, Behind, Side, Forward Lock Step Sweep, ¾ Diamond

- 1 Step left behind right sweeping right from front to back
- 2& Step right behind left, step left to left
- 3&4 Step right forward, lock left behind right, step right forward sweeping left from back to front
- 5&6 Cross left over right, step right to right, turn ⅛ left step left back (4:30)
- 7&8 Step right back, turn ⅛ left step left to left, turn ⅛ left step right forward (1:30)

SEC 4 Hitch Push Rock, Coaster Step, Step ½ Turn, Ball Lock, 1½ Unwind

- 1-2 Hitch left (step over a box) and rock left forward pushing into hips, recover weight on to right
- 3&4 Step left back, step right beside left, step left forward
- 5-6 Step right forward, pivot ½ left transferring weight onto left (7:30)
- &7-8 Step right forward, lock left behind right, unwind 1½ left transferring weight onto left (6:00)

Tag At the end of Walls 1 and 3 (6:00)

Side Sweep, Behind, ¼ Step, Step, Hitch, Behind, ¼ Step

- 1-2 Step right to right sweeping left from front to back over 2 counts
- 3-4 Step left behind right, turn ⅛ right step right forward (7:30)
- 5-6 Step left forward, hitch right knee
- 7-8 Step right behind left, turn ¼ left step left forward (3:00)

¼ Side Sweep, Behind Side Step Forward, Heel Switches, ¼ Chug ¼ Chug

- 1-2 Turn ¼ left step right to right sweeping left from front to back over 2 counts (12:00)
- 3&4 Step left behind right, step right to right, step left forward
- 5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 7 & Turn ¼ left pressing right to right, recover on to left
- 8 & Turn ¼ left pressing right to right, recover on to left (6:00)

Ending After 30 counts of Wall 5 dance the following

- 7&8 Turn ½ left stepping right back, lock left over right, step right back (1:30)
- 1 Turn ⅛ left stepping left to left punching right arm to down to left (12:00)

