

# All About Us

Count: 48

Wand: 4

Ebene: Low Intermediate

Choreograf/in: Michelle Risley (UK) - August 2019

Musik: All About Us - Tebey : (iTunes)



## Count In on Vocals

### RIGHT SIDE, CROSS ROCK, SHUFFLE ¼ LEFT, PIVOT ¼, CROSS, SIDE

- 1-3 Step Right to Right Side, Cross Rock Left over Right, Recover
- 4&5 Side Shuffle Left making ¼ Left (9oc)
- 6-7 Step forward on Right, Pivot ¼ turn Left (6/oc)
- 8 & Cross Right over Left, step Left to the Side

### CROSS ROCK, &, CROSS ROCK, HEEL GRIND ¼ RIGHT, SHUFFLE BACK

- 1-2& Cross Rock right Over left, Recover, Step Right next to left
- 3-4& Cross rock left over right, recover, Step left next to right
- \*\* Restart and Step Change Here on Wall 3**
- 5-6 Step heel over right – grind making a ¼ right weight on left (9oc)
- 7&8 Shuffle Back on Right (9oc)

### ROCK BACK, SHUFFLE ½ TURN RIGHT, ROCK BACK, SHUFFLE ½ TURN LEFT,

- 1-2 Rock back on Left, Recover
- 3&4 making a ½ turn over right shoulder with a left shuffle Back (3oc)
- 5-6 Rock Back on Right, recover
- 7&8 Making a ½ turn over left shoulder with a right shuffle back (9oc)

### SHUFFLE ½ TURN LEFT, STEP FORWARD, HITCH ¼ RIGHT, HIP BUMP, MAMBO

- 1&2 Making a ½ turn over left shoulder with a left shuffle forward (3oc)
- 3-4 Step forward right, hitch left knee making a ¼ Right (6oc)
- 5&6 touch left toe forward, whilst bumping hips forward L, R, L
- 7&8 Right mambo forward (6oc)

### REVERSE ½ PIVOT LEFT, FULL TURN, ½ TURN, POINT LEFT (CLICK), STEP BACK, POINT RIGHT (CLICK)

- 1-2 Touch Left to back, reverse ½ pivot over Left shoulder (12oc)
- 3-4 Half Turn left stepping back right, half turn stepping forward left (12oc)
- 5-6 half turn over left should step back on right, Point Left toe to side click fingers (6oc)
- 7-8 Step back on left, point right toe to side and click fingers (6oc)

### RIGHT SAILOR 1/8 TURN LEFT, JAZZ BOX 1/8 TURN LEFT, SAILOR STEP, CROSS ROCK, SIDE, TOUCH

- 1&2 Right Sailor Step towards your left diagonal, making 1/8 turn (4.30)
- 3&4 Left cross over right, Step back right, 1/8 turn left Side left – complete ¼ turn left (3oc)
- 5&6 Right Sailor Step
- 7&8& Cross Rock Left over Right, recover, step left to side, touch left next to right (3oc)

**Note: This section should be a fluid motion to make a ¼ turn left, think of it as;  
Right Under, Left Over, Right Under, Left Over!**

**Wall 3 - Restart & Step Change Start facing 6oc, dance up and including count 12: replace ¼ grind shuffle back with... 1-2 Heel Grind in Place (12oc) 3&4 Rock back on Right, Recover, Touch Right Next to Left Restart dance from count 1, facing 12oc**

**To Finish the Dance, unwind to the Front Wall – ta-da!**

Enjoy, Smile Keep Your Feet Happy xx

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