

# All Or Nothing

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Geri Morrison (UK)

Musik: All or Nothing - O-Town



## STEP RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT, SIDE ROCK, CROSS SHUFFLE

- 1-2 Step right to right side, touch left beside right
- 3-4 Step left to left side, touch right beside left
- 5-6 Rock right to right side, recover weight on left
- 7&8 (Cross shuffle) cross right over left, step left to left, cross right over left

## STEP LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, SIDE ROCK, ¼ TURN SHUFFLE FORWARD

- 1-2 Step left to left side, touch right beside left
- 3-4 Step right to right side, touch left to right
- 5-6 Rock left to left side, recover weight on right turning ¼ right
- 7&8 (Left shuffle) step forward on left, bring right beside left, step forward on left

## STEP FORWARD, TOUCH BEHIND, STEP BACK, TOUCH IN FRONT, RIGHT LOCK, RIGHT LOCK STEP

- 1-2 Step right forward, touch left behind right
- 3-4 Step back on left, touch right in front of left
- 5-6 Step forward on right, lock left behind right
- 7&8 (Right lock step) step forward on right, lock left behind right, step forward on right

## STEP LEFT ¼ TURN, HOLD, ROCK BACK, RECOVER, SIDE BEHIND, SIDE IN FRONT

- 1-2 Step left to left side turning ¼ turn right, hold
- 3-4 Rock back on right, recover weight on left
- 5-6 Step right to right side, cross left behind right
- 7-8 Step right to right side, cross left in front of right

## STEP RIGHT, LEFT SLIDE, ROCK HITCH, SIDE TOGETHER, ¼ TURN SHUFFLE

- 1-2 Step right to right side, slide touch left nearly to right
- 3-4 Rock left to left, (swaying hips) recover weight on right at the same time hitch left knee beside right
- 5-6 Side step left to left, bring right beside left
- 7&8 (¼ Turn left shuffle) turn ¼ left on left, bring right beside left, step forward on left,

## ¾ TURN LEFT, HEEL SWITCHES, ROCK, RECOVER

- 1-2 Step forward on right, pivot ½ turn left taking weight on left
- 3-4 Step forward on right turning ¼ left, step left beside right, (facing 6:00)
- 5&6 Touch right heel forward, step right beside left, touch left heel forward
- & Step left beside right
- 7-8 Rock forward on right, recover weight on left

Restart here on 3rd wall

## FULL TURN BACK, SAILOR STEP, SKATE FORWARD

- 1-2 Step back ½ turn right on right, step back ½ turn right on left, (optional walk back)
- 3&4 (Right sailor step) cross right behind left, step left to left, step right to right
- 5-6 Skate forward left, right
- 7&8 (Left shuffle forward) step forward left, bring right beside left, step forward left

## CROSS STEP BACK, ¼ TURN, HOLD, CROSS STEP BACK, ½ TURN, HOLD

- 1-2 Cross right over left, step back on left

3-4 Step right to right side turning  $\frac{1}{4}$  right, hold  
5-6 Cross left over right, step back  $\frac{1}{4}$  turn left on right  
7-8 Step left to left side turning  $\frac{1}{4}$  turn left, hold, (3:00)

**REPEAT**

**RESTART**

**Restart on the 3rd wall facing 12:00 after count 48**

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