

# All 4 U

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Roy Verdonk (NL) & Wil Bos (NL)

Musik: All for You - Kate Ryan



**Intro : 16 counts**

**Step Tap, Heel Bounce, Kick Ball Step, Out, Out, In, In**

1&2 Step right to right diagonal, Lift heel, Lower heel right foot  
3&4 Kick right forward, Step down on ball of right foot, Step left forward  
5-6 Step right to right diagonal, Step left to left diagonal  
7-8 Step right back to the middle, Close left next to right (12)

**Kick and Skate (x2), Rock, Recover, 1 ¼ Triple Turn Right**

1&2 Kick right forward, Step right next to left, Step left forward with toes left swivel heel back  
3&4 Kick right forward, Step right next to left, Step left forward with toes left swivel heel back  
5-6 Rock right forward, Recover  
7& Pivot ½ turn right and step right forward, Pivot ½ turn right step back on left,  
8 ¼ Turn right step right to right side (03)

**Option for 7&8 – ¼ turn right with a side shuffle right**

**Cross, Step, Sailor Step, Recover with Shoulder pops (x2), Cross Shuffle**

1-2 Cross left over right, step right to right side  
3&4 Cross left behind right, Step right to right side, Step left to left side  
5-6 Recover on right and pop right shoulder, Recover on left and pop left shoulder  
7&8 Cross right over left, Step left to left side, Cross right over left (03)

**Option for 5-6 – Recover on right and sway right, Recover on left and sway left**

**¼ Turn, ¼ Turn, Cross Mambo (x2), Step, Pivot**

1-2 ¼ turn right step left back, ¼ turn right step right to right side (09)  
3&4 Cross left over right, Recover, Step left to left side  
5&6 Cross right over left, Recover, Step right to right side  
7-8 Step left forward, Pivot ½ turn right (03)

**Step, Lock, Step, Lock, Step, Rock, Recover, ¾ Turn**

1-2 Step left forward, Lock right behind left  
3&4 Step left forward, Lock right behind left, Step left forward  
5-6 Rock right forward, Recover  
7&8 ¾ triple turn right stepping R-L-R (weight on right) (12)

**Step, Touch & Snap, Step, Touch & Snap, Rock, ¼ Turn Recover, Point, Cross**

1-2 Step left to left side, Touch right behind left and snap fingers on shoulder height  
3-4 Step right to right side, Touch left behind right and snap fingers on shoulder height  
5-6 Rock left to left side, Recover with ¼ turn right (03)  
7-8 Point left to left side, Cross left over right

Start again and let the music touch your soul

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