# All You Need Is Me

Ebene: Intermediate

Choreograf/in: Johanna Barnes (USA) - March 2013 Musik: All You Need Is Me - Joey + Rory

# 16 count intro

# [1~8&]: HEEL HOOK SWITCHES x2

**Count:** 64

- R present heel forward (12:00) 1
- R bend knee, 'hook' heel (or toe) across L 2
- 3 R present heel forward
- & R step next to L, taking weight
- 4 L present heel forward
- & L step next to R, taking weight
- 5 R present heel forward
- 6 R bend knee, 'hook' heel (or toe) across L
- 7 R present heel forward
- & R step next to L, taking weight
- 8 L present heel forward
- & L step next to R, taking weight

# [9~16]: R ROCKING CHAIR, ¼ R JAZZ CROSS

- R push step forward 1
- 2 recover weight back onto L
- 3 R push step back
- 4 recover weight forward onto L
- 5 R step across L
- 6 1/4 turn R while stepping slightly back on L
- 7 R step to R side (now facing 3:00)
- 8 L step across R

# [17~24]: R ROCK-RECOVER, R CROSSING SHUFFLE, L 'SWINGING' ROCKING CHAIR

- R push step to R side 1
- 2 recover weight onto L
- 3 R step across L
- & L small step to L side
- 4 R step across L
- 5 L push step forward, sway hip L
- 6 recover weight back on R, sway hip R
- 7 L push step back, sway hip L
- 8 recover weight forward on R, sway hip R

(The crossing shuffle leaves your hips rotated to the left, it's most comfortable to remain at this slight angle while doing the sway-rocking chair)

# [25~32]: L ¼ and ½ PUSH TURNS R, L SLIDE, BACK R ROCK-RECOVER

- 1 L step forward (3:00)
- 2 1/4 turn R putting weight onto R (6:00)
- 3 L step forward (6:00)
- 4 1/2 turn R putting weight onto R (12:00)
- 5 L step to L side (longer than normal)
- 6 R small drag in toward L
- 7 R small push step behind R





Wand: 2

8 L recover weight slightly across R

#### (The R foot remains in place as you step and rotate the 1/4 and 1/2 turns, like a 'basketball pivot')

[33~40]: R SIDE, L ROCK-RECOVER, L ½ TURN R TO R, L CROSS ROCK-RECOVER, SIDE L

- 1 R step to R side
- 2 L push step back, open toward L to prep
- 3 recover weight onto R
- 4 L step to L side as you begin to rotate R
- a ½ turn R (6:00)
- 5 R step to R side
- 6 L push step across R
- 7 recover weight back onto R
- 8 L step to L side

# [41~48]: R CROSS-HOLD, L SIDE-REPLACE, L CROSS-HOLD, R SIDE, ½ L TURN TO L

- 1 R step across L
- 2 hold
- 3 L push step out to L side
- 4 recover weight to R, slightly open to R
- 5 L step across R
- 6 hold
- 7 R step to R side
- a ½ turn L (12:00)
- 8 L step forward and slightly L

# [49~56]: R FWD STEP-HOLD, L FWD STEP-HOLD, R SIDE HIP SWAY, L SIDE HIP SWAY, R COASTER STEP

- 1 R step forward and across L\*
- 2 hold
- 3 L step forward and across R\*
- 4 hold
- 5 R small step to R side, sway hips R
- 6 L small step to L side, sway hips L
- 7 R small step back
- & L step next to R
- 8 R small step forward

\* For styling: add a small knee lift before the step, and take the step rolling through the foot heel-to-toe, adding a settling of the hip. Strut!

# [57~64]: L ROCKING CHAIR, ½ TURN R, STEP BACK L, R, L, TOUCH R

- 1 L push step forward
- 2 recover weight back onto R
- 3 L push step back
- 4 recover weight forward onto R
- a <sup>1</sup>/<sub>2</sub> turn R, with a small left knee hitch (6:00)
- 5 L step back
- 6 R step back
- 7 L step back
- 8 R touch next to L

# (BEGIN AGAIN, and most certainly DWYF!)

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