

# All For One

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Frank Heelan (IRE) - April 2020

**Music:** All for One - Five for Fighting



---

## Sec 1 Cross rock, side rock, back lock back, coaster step.

- 1-2 Cross right over left, recover to left.
- 3-4 Rock right to right, recover to left.
- 5&6 Step back right, lock left over right, step back right.
- 7&8 Step back left, right together, forward left. (12.00)

## Sec 2 Point right to right, turn ½ right stepping right next to left, point left to left, step left together. (Monterey turn) Repeat.

- 1-2 Point right to right, turn ½ right stepping right next to left.
- 3-4 Point left to left, step left next to right. (Weight to left) (6.00)
- 5-6-7-8 Repeat counts 1-4 finishing facing (12.00)

## Sec 3 Kick, kick, coaster step, rock recover, sailor ¼ turn.

- 1-2 Kick right forward twice.
- 3&4 Step back right, left together, forward right.
- 5-6 Rock forward left, recover to right.
- 7&8 Turn ¼ left sweeping left behind, recover to right, step left to left. (9.00)

## Sec 4 Rock recover, shuffle back, coaster step, walk, walk.

- 1-2 Rock forward right, recover to left.
- 3&4 Step back right, left together, step back right.
- 5&6 Step back left, right together, forward left.
- 7-8 Walk forward right, left. (9.00)

**No Tags, No Restarts. I think the message in this song sums it all up at this difficult time for everyone “ One for all and all for one”**

**Keep dancing in your hearts we will all be back together soon.**

**Contact:** [heelanjohnl@gmail.com](mailto:heelanjohnl@gmail.com)

---