

All I Know

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - December 2024

Music: All - Snow Patrol



No tags or restarts

Start after 32 count intro on the word 'LOVE' – approx. 25secs – 4mins 19secs –93bpm

Music Available Amazon

Dedicated to the 'Flutes Gang' who have been with us through thick and thin – you know who you are!

[1-8] R/L side syncopated rock steps, R fwd, ½ L pivot turn, R kick ball step

- 1-2& Rock R side, recover weight on L side, step R together
- 3-4& Rock L side, recover weight on R side, step L together
- 5-6 Step R forward, pivot ½ left (6 o'clock)
- 7&8 Kick R forward, step R together, step L forward

[9-16] R cross rock/recover, R ball cross, R side, L behind/R side/L cross, R scissor cross

- 1-2 Cross rock R over L, recover weight on L
- &3-4 Step R side, cross step L over R, step R side
- 5&6 Cross step L behind R, step R side, cross step L over R
- 7&8 Step R side, step L together, cross step R over L

[17-24] L chassé, ¼ R toaster step, L fwd shuffle, ½ L chase turn

- 1&2 Step L side, step R together, step L side
- 3&4 Turning ¼ right as you sweep R back, step L together, step R forward (9 o'clock)
- 5&6 Step L forward, step R together, step L forward
- 7&8 Step R forward, pivot ½ left, step R forward (3 o'clock)

[25-32] L fwd rock/recover, L coaster cross, R side rock/recover, R behind, ¼ L, L fwd, R fwd

- 1-2 Rock L forward, recover weight on R
- 3&4 Step L back, step R together, step cross step L over R
- 5-6 Rock R side, recover weight on L
- 7&8 Cross step R behind L, turning ¼ left step L forward, step R forward (12 o'clock)

[33-40] L cross rock/recover, L ball cross, L side, R sailor, L cross shuffle

- 1-2 Cross rock L over R, recover weight on R
- &3-4 Step L side, cross step R over L, step L side
- 5&6 Cross step R behind L, step L side, step R side
- 7&8 Cross step L over R, step R side, cross step L over R

[41-48] ¼ L, R back ½ L, L fwd, R fwd, ¼ L pivot turn, cross step R over L, ¼ R, L back, ½ R, R fwd, L fwd, ¼ R pivot turn, ½ R, L fwd

- 1-2 Turning ¼ left step R back, turning ½ left step L forward (3 o'clock)
- 3&4 Step R forward, pivot ¼ left, cross step R over L (12 o'clock)
- 5-6 Turning ¼ right step L back, turning ½ right step R forward (9 o'clock)
- 7&8 Step L forward, pivot ¼ right, turning ⅛ right step L forward (1 o'clock) (to face right diagonal)

[49-56] Skate R/L diagonally forward, R fwd mambo, L/R sailor steps travelling slightly back

- 1-2 Towards right diagonal skate R forward, skate L forward
- 3&4 Rock R forward, recover weight on L, step R back
- 5&6 Cross step L behind R, step R side, step L side

7&8 Cross step R behind L, step L side, step R side

[57-64] L touch back, $\frac{5}{8}$ L turn to back wall, R side rock/recover, R cross step, L side rock/recover, L coaster cross

1-2 Touch L back, turning $\frac{5}{8}$ left (to face back wall) step L down (6 o'clock)

3&4 Rock R side, recover weight on L, cross step R over L

5-6 Rock L side, recover weight on R

7&8 Step L back, R together, cross L over R

ENDING: Final wall dance first 32 counts, will be facing back wall at this point. To finish at front wall step L forward, pivot $\frac{1}{2}$ R and strike a pose!
