

All Or Nothing

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Diane Lee (UK)

Music: All Or Nothing - Athena Cage



STEP, ½ HITCH POINT; CROSS ROCK STEP LEFT, FULL UNWIND, STEP & CROSS, HEEL BOUNCE

- 1-2 Step forward on the right, hitch left making ½ turn over right shoulder, point left to left side
- 3&4 Cross rock left over right, recover right, step left to left side
- 5-6 Cross right over left, unwind full turn over left shoulder
- &7&8 Step right up to left, cross left over right, rise up on toes, replace (heel bounce)

SWITCH RIGHT, SWITCH LEFT, HITCH SLIDE ¼ RIGHT, HEEL SWITCH RIGHT & LEFT, DIG, HITCH POINT BEHIND

- 1&2 Point right toe to right, switch and point left to left
- &3-4 Hitch left knee, slide left make ¼ right, slide right ending touched to left
- 5&6 Heel switch right and left (traveling forward)
- &7&8 Bring left back next to right, heel dig right in front leaning back, hitch the right and toe dig behind

¼ RIGHT, CROSS ROCK RECOVER, HIPS LEFT, RIGHT, SLIDE LEFT, REVERSE PIVOT ½, CROSS LEFT POINT RIGHT

- 1-2& Make ¼ right stepping right to right side, cross rock left over right, recover back on right
- 3&4 Step left to left side bumping hips left (3) right (&), large step left
- 5-6 Cross right behind left, ½ reverse pivot. Transfer weight right
- 7-8 Cross step left in front of right, point right toe to right side

WEAVE LEFT BEHIND SIDE FRONT, ¼ HITCH POINT LEFT, TOE TOUCH LEFT, HEEL SWITCH RIGHT & LEFT STEP RIGHT ½ PIVOT

- 1&2 Weave left - cross right behind, step left to left side cross right in front of left
- &3-4 Hitch left (&), ¼ right and point left to left side (3), touch left toe in front (4)
- &5&6 Step left next to right, touch right toe forward, switch touch left toe forward
- &7-8 Step left next to right, step forward right ½ pivot turn over left shoulder transfer weight left

Dance ends with a ½ turn and you'll start over with a step forward right ½ turn so be sure to transfer weight left as you end

REPEAT
