

# All Out & Stepped Up

COPPER KNOB  
STEPPED UP

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Helaine Norman (USA) - February 2016

Musique: I Don't Like It, I Love It (feat. Robin Thicke & Verdine White) - Flo Rida



**No Tags Or Restarts!**

**Suggestions for alternative music are welcome!**

**"Shoop" by Salt n Pepper**

## **S1: Step Out Out, Step Touch (X2); Bunny Hops (In In) (X2)**

- 1-2 Step R forward right (wide with hip) (1-2)
- 3-4 Step L forward left (wide with hip) (3-4);
- &5-6 Jump R back (&), touch L beside (5-6)
- &7-8 Jump L side (&), touch R beside (7-8)

## **S2: Step Heel Grind (x2); Syncopated Reverse Weave, Step, Brush**

- &1-2 Step R (&), touch L heel forward (1) and fan left side (2)
  - &3-4 Step L(&), touch R heel forward (3) and fan right side (4);
- (Use momentum of fanning R to ronde behind L to begin 5&6.)**
- 5&6 Step R behind L (5), step L side (&), step R across L (6)
  - 7-8 Step L side (7), brush R across L (8)

**Option for &1-2 and &3-4: Touch toes instead of touch heel**

**Option(s) for 7-8: kick, scuff or hitch**

## **S3: Crossing Triple, 1/4 Turn; Forward Triple, 1/2 Turn Pivot**

- 1&2 Crossing triple left side RLR (1&2)
- 3-4 Step L side turning 1/4 right (3), step R forward (4);
- 5&6 Forward tripple LRL (5&6)
- 7-8 Step R behind L (7); turning 1/2 right keeping weight on R (8)

## **S4: 1/4 Turn Step Hold; 1/2 Turn Step Hold**

- 1-2-3-4 Step L side (1), step R turning 1/4 right (2), step L forward (3), hold (4);
- 5-6-7-8 Step R forward (5), step L turning 1/2 left (6), step R forward (7), hold (8) (facing 6:00)

## **S5: Rock Recover Step Across, 1/2 Turn Step Hitch; Step Touch, Step Touch**

- 1&2 Rock L side (1), recover R (&), step L across R (2)
- 3-4 Step R turning 1/4 right (3), hitch L turning 1/4 right keeping weight on R (4)↵;
- 5-6-7-8 Step L side (5), touch R beside (6), step R side (7), touch L beside (8)

## **S6: Rock Recover Step Across, 1/2 Turn Step Hitch; Hip Bumps**

- 1&2 Repeat 1&2 in S5
- 3-4 Repeat 3-4 in S5;
- 5&6 Bump hip L side (5), bump hip R side (&), bump hip L side (6)
- 7-8 Bump hip R side (7); Bump hip L side (8)

## **S7: 1/8 Turn Kick Ball Change, Rock Recover, Walk Back (x4)**

- 1-2 Kick R forward turning 1/8 right (1), step R (&), step L beside (2)
- 3-4 Rock R forward (3), recover L (4);
- 5-6-7-8 Walk back RLRL (5-6-7-8)

**Option for 5-6-7-8: Moonwalk (x4)**

## **S8: 1/8 Turn Bunny Hops (in arc) (x2), Walks (in arc) (x4);**

**Entire section is a wide, almost full circle ending at 6:00.**

- &1-2 Jump R forward turning 1/8 right (&), touch L beside (1), hold (2)

&3-4            Jump L forward turning 1/8 right (&), touch R beside (3), hold (4);

5-6-7-8        Walk (in arc) RLRL (end facing 6:00)

**Option for 5-6-7-8: Walk with knee pops**

**Begin dance again.**

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