

All Night Long

COPPER KNOB
STEPSHEETS

拍数: 160 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Rini & Luci - March 2014
音乐: All Night Long - Lionel Richie



Intro : 48 counts

Sequence : A – Tag – B – A – Tag – B – C – A 56 counts – C 12 counts – B – A 64 counts – B – A

Part A

AI. □ SIDE-CLOSE-SHUFFLE BACK, SIDE-CLOSE-SHUFFLE FORWARD

1 – 2 Step R to right side, Step L together R
3 & 4 Step back on R, Step L together R, Step back on R
5 – 6 Step L to left side, Step R together L
7 & 8 Step L forward, Step R together L, Step L forward

AII. □ ROCK FORWARD-RECOVER, ½ TURN SHUFFLE FORWARD, FORWARD, ½ TURN BACK, ¼ TURN SIDE SHUFFLE

1 – 2 Rock R forward, Recover on L
3 & 4 ½ turn right step R forward, Step L together R, Step R forward
5 – 6 Step L forward, ½ turn L step back on R
7 & 8 ¼ turn L step L to right side, Step R together L, Step L to left side

AIII. □ WALK R-L, MAMBO FORWARD, ½ TURN WALK L-R, MAMBO FORWARD

1 – 2 Walk, walk
3 & 4 Rock R forward, Recover on L, Step back on R
5 – 6 ½ turn L step L forward, Step R forward
7 & 8 Rock L forward, Recover on R, Step L together R

AIV. □ SIDE-CLOSE-TRIPLE STEP

1 – 2 Step R to right side, Step L together R
3 & 4 Triple step RLR in place and hip bump
5 – 6 Step L to left side, Step R together L
7 & 8 Triple step LRL in place and hip bump

AV. □ REPEAT SECTION III

AVI. □ REPEAT SECTION IV

AVII. □ SIDE SHUFFLE SQUARE

1 & 2 Step R to right side, Step L together R, Step R to right side
3 & 4 ¼ turn L Step L to left side, Step R together L, Step L to left side
5 & 6 ¼ turn L Step R to right side, Step L together r, Step R to right side
7 & 8 ¼ turn L Step L to left side, Step R together L, Step L to left side

AVIII. □ ROCK FORWARD-RECOVER, TRIPLE STEP

1 – 2 Rock R forward, Recover on L
3 & 4 Close R together L, Step L beside R, Step R in place (pushing hip R-L-R)
5 – 6 Rock L forward, Recover on R
7 & 8 Close L together R, step R beside L, Step L in place (pushing hip L-R-L)

AIX. □ ¼ TURN-SIDE SHUFFLE SQUARE

Do ¼ turn L first and then repeat section VII

AX. □ Repeat Section VIII

Part B

BI. □ WALK R-L, R BOTAFOGO, ROCK-RECOVER, ½ TURN SHUFFLE FORWARD

- 1 – 2 Step forward R-L
3 & 4 Cross R over L, Rock L to left side, Recover on R
5 – 6 Rock L forward, Recover on R
7 & 8 ½ turn L Step L forward, Step R together L, Step L forward

BII. □ REPEAT

BIII. □ DIAGONAL FORWARD-BEHIND-DIAGONAL LOCK SHUFFLE FORWARD

- 1 – 2 Step R diagonal forward, Step L behind R
3 & 4 Diagonal lock shuffle forward R-L-R
5 – 6 Step L diagonal forward, step R behind L
7 & 8 Diagonal lock shuffle forward L-R-L

BIV. □ SIDE-CROSS-SCISSOR STEP

- 1 – 2 Step R to right side, Cross L over R
3 & 4 step R to right side, Step L together R, Cross R over L
5 – 6 Step L to left side, Cross R over L
7 & 8 Step L to left side, Step R together L, Cross L over R

Part C

Each Section consists of 8 counts plus 6 counts

CI. □ FORWARD-SIDE TOE TOUCH, FORWARD-TOE TOUCH

- 1 – 2 Step R forward, Touch L toe to left side
(styling : left arm straight forward and put right hand to the right hip)
3 – 4 Step L forward, Touch R toe to right side
(styling : right arm straight forward and put left hand to the left hip)
5 – 6 Step R forward, Touch L toe to left side (styling : repeat)
7 – 8 Step L forward, Touch R toe to right side (styling : repeat)

Plus 6 counts

SMALL SHUFFLE BACK 2X, CLOSE-STEP

- 1 & 2 Small shuffle back R-L-R and make a little jump
(styling : rotate right shoulder to the back)
3 & 4 Small shuffle back L-R-L and make a little jump
(styling : rotate left shoulder to the back)
5 – 6 Close R together L, Step L in place

CII. □ BACK-KICK FORWARD, BACK-KICK FORWARD

- 1 – 2 Step back on R, Kick L forward
(styling : right arm straight up, put left hand to the left hip)
3 – 4 Step back on L, Kick R forward
(styling : left arm straight up, put right hand to the right hip)
5 – 6 Step back on R, kick L forward (styling : repeat)
7 – 8 Step back on L, Kick R forward (styling : repeat)

Plus 6 counts

SMALL SHUFFLE FORWARD 2X, CLOSE-STEP

- 1 & 2 Small shuffle forward R-L-R
3 & 4 Small shuffle forward L-R-L
5 – 6 Close R together L, Step L in place

CIII. □ REPEAT SECTION I

CIV. □ BACK-KICK FORWARD, CLOSE-STEP

1 – 2 Step back on R, Kick L forward

(styling : right arm straight up, put left hand to the left hip)

3 – 4 Step back on L, Kick R forward

(styling : left arm straight up, put right hand to the right hip)

5 – 6 Close R together L, Step L in place

Tag :

1 – 2 Weight on R and bending L knee, Weight on L and bending R knee

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