

All My Life

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Bastiaan van Leeuwen (DE) - August 2019
音乐: All I Need - Michael Schulte : (Album: Highs & Lows)



Intro: 16 counts

Note: The beat from the music in wall 5 will slow down. Just keep on dancing until count 32. There you will do the restart and the beat will be at normal speed again.

S1: Heel grind R, coaster step R, heel grind L ¼ turn L, coaster step L

1 - 2 Rock R heel forward pointing toes to left, turn toes back to front turning on R heel & recover L,
3&4 Step R back, step L next to R, step R forward,
5 - 6 Rock L heel forward pointing toes to right, turn toes to left turning on L heel ¼ turn left & recover R (9:00)
7 &8 Step L back, step R beside L, step L forward,

S2: Dorothy step R, walk L-R rock L, recover R, shuffle ½ turn L

1-2& Step R forward, cross L behind R, step R slightly to right side,
3 - 4 Walk L-R to left diagonal (6:30)
5-6 Rock L forward, recover R,
7 - 8 Turn ¼ turn left stepping L to left side, close R next to L, turn ¼ turn left stepping L forward (12:30)

S3: Rock R, recover L, side shuffle R ¼ turn right, rock L recover R, side shuffle 3/8 turn R

1 - 2 Rock R forward, recover L,
3&4 1/8 turn right stepping R to right side, close L next to R, 1/8 turn right stepping R forward (4:30)
5 - 6 Rock L forward, recover R,
7&8 Turn 1/8 turn left stepping L to left side, close R next to L, turn ¼ turn left stepping L forward (12:00)

S4: Side rock, behind, side, forward, side rock, behind, side, forward

1 - 2 Rock R to right side, recover L,
3&4 Cross R behind L, step L beside R, step R forward,
5 - 6 Rock L to left side, recover R,
7&8 Cross L behind R, step R beside L, step L forward, Restart here in 5th wall facing (12:00)

S5: Rocking chair R, shuffle ½ turn L, rock L back , recover R

1-4 Rock R forward, recover L, rock R back, recover L,
5&6 ¼ turn L stepping R to right side, close L beside R, ¼ turn L stepping R back (6:00)
7-8 Rock L back, recover R,

S6: Walk forward L-R , kick ball step L, rocking chair L,

1-2 Walk forward L-R,
3&4 Kick L forward, step L ball of foot next to R, step R forward,
5-8 Rock L forward, recover R, rock L back, recover R,

S7: Shuffle ½ turn R, rock back R, recover L, walk forward R-L, kick ball step R,

1&2 ¼ turn right stepping L to left side, close R beside L, ¼ turn right stepping L back (12:00)
3-4 Rock R back, Recover L,
5-6 Walk forward R-L,

7&8 Kick R forward, step R ball of foot next to L, step L forward,

S8: Rocking chair R, step R forward, ¼ turn L, step R forward, ¼ turn L

1-4 Rock R forward, recover L, rock R back, recover L

5-8 Step R forward, ¼ turn L on both feet, step R forward, ¼ turn L on both feet (6:00)

TAG: End of 2nd wall facing (12:00) at the next steps,

Out out, in, in.

1-2 Step R shoulder wide forward, step L shoulder wide forward,

3-4 Step R back on spot, step L next to R.

ENDING, to end dance on front wall just add following steps.

1-2 Step R forward ½ turn L.
