

All About Us

拍数: 48 墙数: 4 级数: Low Intermediate
编舞者: Michelle Risley (UK) - August 2019
音乐: All About Us - Tebey : (iTunes)



Count In on Vocals

RIGHT SIDE, CROSS ROCK, SHUFFLE ¼ LEFT, PIVOT ¼, CROSS, SIDE

1-3 Step Right to Right Side, Cross Rock Left over Right, Recover
4&5 Side Shuffle Left making ¼ Left (9oc)
6-7 Step forward on Right, Pivot ¼ turn Left (6/oc)
8 & Cross Right over Left, step Left to the Side

CROSS ROCK, &, CROSS ROCK, HEEL GRIND ¼ RIGHT, SHUFFLE BACK

1-2& Cross Rock right Over left, Recover, Step Right next to left
3-4& Cross rock left over right, recover, Step left next to right
**** Restart and Step Change Here on Wall 3**
5-6 Step heel over right – grind making a ¼ right weight on left (9oc)
7&8 Shuffle Back on Right (9oc)

ROCK BACK, SHUFFLE ½ TURN RIGHT, ROCK BACK, SHUFFLE ½ TURN LEFT,

1-2 Rock back on Left, Recover
3&4 making a ½ turn over right shoulder with a left shuffle Back (3oc)
5-6 Rock Back on Right, recover
7&8 Making a ½ turn over left shoulder with a right shuffle back (9oc)

SHUFFLE ½ TURN LEFT, STEP FORWARD, HITCH ¼ RIGHT, HIP BUMP, MAMBO

1&2 Making a ½ turn over left shoulder with a left shuffle forward (3oc)
3-4 Step forward right, hitch left knee making a ¼ Right (6oc)
5&6 touch left toe forward, whilst bumping hips forward L, R, L
7&8 Right mambo forward (6oc)

REVERSE ½ PIVOT LEFT, FULL TURN, ½ TURN, POINT LEFT (CLICK), STEP BACK, POINT RIGHT (CLICK)

1-2 Touch Left to back, reverse ½ pivot over Left shoulder (12oc)
3-4 Half Turn left stepping back right, half turn stepping forward left (12oc)
5-6 half turn over left should step back on right, Point Left toe to side click fingers (6oc)
7-8 Step back on left, point right toe to side and click fingers (6oc)

RIGHT SAILOR 1/8 TURN LEFT, JAZZ BOX 1/8 TURN LEFT, SAILOR STEP, CROSS ROCK, SIDE, TOUCH

1&2 Right Sailor Step towards your left diagonal, making 1/8 turn (4.30)
3&4 Left cross over right, Step back right, 1/8 turn left Side left – complete ¼ turn left (3oc)
5&6 Right Sailor Step
7&8& Cross Rock Left over Right, recover, step left to side, touch left next to right (3oc)

**Note: This section should be a fluid motion to make a ¼ turn left, think of it as;
Right Under, Left Over, Right Under, Left Over!**

Wall 3 - Restart & Step Change Start facing 6oc, dance up and including count 12: replace ¼ grind shuffle back with... 1-2 Heel Grind in Place (12oc) 3&4 Rock back on Right, Recover, Touch Right Next to Left Restart dance from count 1, facing 12oc

To Finish the Dance, unwind to the Front Wall – ta-da!

Enjoy, Smile Keep Your Feet Happy xx
