

# 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

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