

All United (3 styles)

拍数: 32 墙数: 1 级数: All Levels
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音乐: Waitin' On the Weekend - Bret Mullins



Intro : 32 counts

ALL UNITED (TRADI)

(1-8) « Heel, Together » R&L, « Side, Touch » R&L (option : claps)

- 1-2 R heel forward, R next to L
- 3-4 L heel forward, L next to R
- 5-6 R to R, touch L point next to R (with clap or not)
- 7-8 L to L, touch R point next to L (with clap or not)

(9-16) Weave R, Side rock R with ¼ turn L, Full turn (or walk fwd x2)

- 1-2-3-4 R to R, cross L behind R, R to R, cross L forward R
- 5-6 R to R, ¼ turn to L and return on L 9H
- 7-8 Make a full turn to L with R-L forward or walk R-L forward

(17-24) Rocking chair R, « Point, Cross » R&L (option : hand on the hat)

- 1-2-3-4 R forward, return on L, R back, return on L
- 5-6 (R hand to hat or not) R point to R, cross R forward L
- 7-8 (L hand to hat or not) L point to L, cross L forward R

(25-32) Rock step R, ½ turn R & Toe Strut, Step Turn ½ R, ¼ turn R & Step L, Hitch R with slap

- 1-2 R forward, return on L
- 3-4 ½ turn to R & R point to the ground, lower R heel 3H
- 5-6 L forward, ½ turn to R and return on R 9H
- 7-8 ¼ turn to R and L to L, lift R knee and whipping R hand on the R leg 12H

#3 Styles : Traditional, Catalan & Brazilian

ALL UNITED (CATA)

(1-8) « Heel, Together » R&L, Swivet R&L

- 1-2 R heel forward, R next to L
- 3-4 L heel forward, L next to R
- 5-6 direct the feet to R by pivoting R toe and L heel, refocus the feet
- 7-8 direct the feet to L by pivoting L toe and R heel, refocus the feet

(9-16) Grapevine R, Kick L, Cross Rock L (jumping), Flick L with ¼ turn L, Stomp L

- 1-2 R to R, cross L behind R
- 3-4 R to R, L kick forward
- 5-6 (« Cross Rock » jumping) Cross L forward R and lift R behind L « Hook », return on R and L kick forward
- 7-8 ¼ turn to L and lift L back, L stomp forward 9H

(17-24) Rocking chair R, « Lateral Kick, Cross » R&L

- 1-2-3-4 R forward, return on L, R back, return on L
- 5-6 R kick to R, cross R forward L
- 7-8 L kick to L, cross L forward R

(25-32) Rock step R, Flick R, ½ turn R & Kick R, Step R & Kick L, Cross L over R, Unwind ¼ turn

- 1-2 R forward, return on L
- 3-4 lift R back, ½ turn to R and R kick forward 3H

5-6 R next to L and L kick forward, cross L forward R

7-8 $\frac{3}{4}$ turn to R by unrolling the feet 12H

For more ease, it's possible to dance the last 4 counts in this way :

5-6 R next to L and L kick forward, $\frac{1}{4}$ turn to R and cross L forward R (6H)

7-8 $\frac{1}{2}$ turn to R by unrolling the feet (12H)

ALL UNITED (BRAZIL)

(1-8) « Heel, Together » R&L, « Hook, Side » R&L

1-2 R heel forward, R next to L

3-4 L heel forward, L next to R

5-6 Lift R inward (R knee out), R to R

7-8 Lift L inward (L knee out), L to L

(9-16) Grapevine R, Hitch L with slap, Cross Heel L, Hitch L, $\frac{1}{4}$ turn L & Step L, Hold

1-2 R to R, cross L behind R

3-4 R to R or jump to R (feet together), lift L knee and clap hands on L knee

5-6 Cross L heel forward R and spread your arms (R hand up and L hand down), Slightly lift L knee

7-8 $\frac{1}{4}$ turn to L and L forward, hold 9H

(17-24) Rocking chair R, Pendulo R&L

1-2-3-4 R forward, return on L, R back, return on L

5-6 Lift and move R from back to front (semi circle), cross R forward L

7-8 Lift and move L from back to front (semi circle), cross L forward R

(25-32) Rock step R (with option), Cross R, Hold, $\frac{1}{2}$ turn R, $\frac{1}{4}$ turn R & Flick R with Slap, $\frac{1}{2}$ turn R & Step R, Together L

1-2 R forward (Option : L arm with closed fist pointing to the ground and R elbow back), return on L

3-4 cross R behind L, hold

5-6 $\frac{1}{2}$ turn to R, $\frac{1}{4}$ turn to R and lift R back by touching R heel with R hand 3H-6H

7-8 $\frac{1}{2}$ turn to R and move R forward slightly, L next to R 12H
