All 4 Nothing



拍数: 64 墙数: 4 级数: Intermediate

编舞者: Hiroko Carlsson (AUS) - August 2022 音乐: All 4 Nothing (I'm So In Love) - Lauv



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Intro: 32 count)

[S1] Side Shuffle x3 (Roll to the side), Back Rock

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1&	2	Side shuffle to	the right on	R-L-R

3&4 Make a 1/2 turn left side shuffle to the left on L-R-L (6:00)
5&6 Make a 1/2 turn left side shuffle to the right on R-L-R (12:00)

7 8 Rock back on L, Replace weight on R

[S2] 1/2R Shuffle Back, Back Rock w/ Knee Pop, Rocking Chair

1&2 Making a 1/2 turn right shuffle back on L-R-L (6:00)3 4 Rock back on R (popping L knee), Replace weight on L

5 6 7 8 Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L

[S3] Monterey 1/4R into Fwd Rock-Touch, Monterey 1/2L Turn

1 2	Point R to the right, Make a 1/4 turn right stepping L beside R (9:00)

3&4 Rock forward on L, Replace weight on R, Touch L together

5 6 Point L to the left, Make a 1/2 turn left stepping R next to L (3:00)

7 8 Point R to the right, Touch R together

[S4] Fwd Rock, Back-Lock-Back, Back-Lock-Back, Back, Together

1 2 Rock forward on R, Replace weight on L

3&4 Step back on R, Lock/step L over R, Step back on R
5&6 Step back on L, Lock/step R over L, Step back on L

7&8 Step back on R, Step L together**

[S5] 2x Paddle Turn 1/4L, Cross Rock, Side w/ Drag-&

Step forward on R, Make a 1/4 turn left recover weight on L (12:00)

Step forward on R, Make a 1/4 turn left recover weight on L (9:00)

5 6 Rock/across R over L, Replace weight on L

7 8& Big step R to the side, Dragging L close to R, Step L in place

[S6] Weave L, Cross Rock, 1/4R, 1/4R

1 2 3 4 Cross R over L, Step L to the side, Step R behind L, Step L to the side

5 6 Rock/across R over L, Replace weight on L

7 8 Making a 1/4 turn right stepping forward on R, Making a 1/4 turn right stepping L to the side

(3:00)

[S7] Behind, Side, Cross Rock, Scissor-Cross, Scissor-Cross

1 2 3 4 Step R behind L, Step L to the side, Rock/across R over L, Replace weight on L

Step R to the side, Step L close to R, Cross R over L
Step L to the side, Step R close to L, Cross L over R

[S8] Side, Touch, Side, Touch-1/2R, Side, Touch, Side, Scoop (to the right)

1 2 Step R to the side, Touch L next to R

3 4& Step L to the side, Touch R next to L, Make a sharp 1/2 right turn on ball of L foot (9:00)

5 6 Step R to the side, Touch L next to R

Restart on Wall 5 count 32** (3:00) The dance finishes at 12:00 o'clock.

(updated: 4/Jul/22)