

All I Ask

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Santi Bodyline (INA) - August 2022
音乐: All I Ask - Adele



INTRO 32 COUNT, START ON VOCAL - 2 RESTART, 1 TAG

SECTION 1: FWD WITH LIFT FRONT UP, COASTER STEP, PIVOT ¼ R, CROSS, TURN ¼ L BACK, TURN ¼ L SIDE, CROSS ROCK, SIDE

12&3 Step LF Fwd with Lift RF Fwd slightly, Step RF back, Close LF next to RF, Step RF Fwd
4&5 Step LF fwd, Turn ¼ R weight on RF, Cross LF over RF
6&7 Turn ¼ L Stepping RF back, Turn ¼ L Stepping LF to L, Rock RF over LF
8& Recover on to LF, Step RF to R

SECTION 2: TURN 1/8 R FWD LUNGE, BACK WITH SWEEP L-R, BACK, TOGETHER, FWD ROCK, TURN ½ L FWD, UNWIND, FWD

1 2 Turn 1/8 R Lunge LF Fwd (10:30), Recover onto RF with sweep LF from front to back
3 4 Step LF back with sweep RF from front to back, step RF back
&5 Close LF next to RF, Step RF Fwd
6&7 Rock LF Fwd, Recover on to RF, Turn ½ L Stepping LF Fwd (04:30)
8& Cross R over L Unwind (04:30), Step LF Fwd

RESTART HERE ON WALL 3,,, (Facing 6:00)

SECTION 3: 1/8 TURN L BASIC NC, BACK, ½ TURN L FWD. ¼ TURN L SIDE, BACK ROCK, SIDE

12& Turn 1/8 L Stepping RF to R (03:00), Close LF behind RF, cross RF over LF
34& Step LF to L, Close RF behind LF, Cross LF over RF
56 Step RF back, Turn ½ L Stepping LF Fwd with Hitching LF when turning (09:00)
&7 Turn ¼ L Stepping RF to R (06:00), Rock LF back
8& Recover Onto RF, Step LF to L

SECTION 4: ¾ DIAMOND, FWD, SIDE ROCK

12& Turn 1/8 R Stepping RF back (7:30), Step LF back, Turn 1/8 R Stepping RF to R (9:00)
34& Turn 1/8 R Stepping LF Fwd (10:30), Step RF Fwd, Turn 1/8 L Stepping LF to L (12:00)
56& Turn 1/8 R Stepping RF back (01:30), Step LF Back, Turn 1/8 R Stepping RF to R (03:00)
78& Step LF Fwd, Rock RF to R, Recover Onto LF

Restart here On Wall 6 after 32 Count and TAG 4 Count,,, (Facing 12:00)

SECTION 5 : BIG STEP, BACK ROCK, TURN ¼ L FWD, WEAVE, FWD ROCK, FWD

12& Big Step RF to R, Rock LF back, Recover onto RF
34& Turn ¼ L stepping LF Fwd with sweep RF From back to Front (12:00), Cross RF over LF, Step LF to L
56& Step RF back with Sweep LF from front to back, Cross LF behind RF, Step RF to R
78& Rock LF Fwd, Recover onto RF, Close LF Next to RF

SECTION 6: FWD, PIVOT, FWD, UNWIND, FWD R-L,

1 2&3 Step RF Fwd, Step LF Fwd, Turn ½ R weight on R, Step LF Fwd
4&5 Cross R over L Unwind (6:00), Step LF Fwd, Step RF Fwd
6 7 8 Step LF Fwd, Touch RF to R and Drag Slowly RF toward LF, Close RF next to LF

TAG: BACK, SWEEP, BACK, TURN ¼ R FWD, SIDE, CLOSE

1 2& Step RF back with Sweep LF from Front to back, Step LF back, Turn ¼ R Stepping RF Fwd
3 4 Step LF to L, Close RF next to LF

Enjoy Happy Dancing.....!!!

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