

Everything at Once

COPPERKNOB
STEPSHEETS

拍数: 80 墙数: 1 级数: High Beginner
编舞者: Erma Go (INA) - April 2023
音乐: Everything at Once - Lenka



Intro : 16 Count – Start on Vocal

Tag : 8 Count

Part A : 32 Count

Part B : 16 Count

Part C : 32 Count

Sequence : A B B B – Tag – A A B B B – Tag – C A A B B B – Tag – A A B B B – Tag

Part A

Section 1 : Touch Side – Touch Cross – Rock Side Touch Cross

- 1 – 2 Touch toe RF to R – drop heel RF in place
- 3 – 4 Touch toe LF cross over R – drop heel LF in place
- 5 – 6 Step RF to R – recover on L
- 7 – 8 Touch toe RF cross over L – drop heel RF in place

Section 2 : Touch Side – Touch Cross – Rock Side Touch Cross

- 1 – 2 Touch toe LF to L – drop heel LF in place
- 3 – 4 Touch toe RF cross over L – drop heel RF in place
- 5 – 6 Step LF to L – recover on R
- 7 – 8 Touch toe LF cross over R – drop heel LF in place

Section 3 : Rocking Chair – $\frac{3}{4}$ Pivot Turn L

- 1 – 2 Step RF foward – recover on L
- 3 – 4 Step RF back – recover on L
- 5 – 6 Step RF foward – $\frac{1}{2}$ turn L recover on L (06.00)
- 7 – 8 Step RF foward – $\frac{1}{4}$ turn L recover on L (03.00)

Section 4 : Wave – $\frac{1}{4}$ Jazz Box Turn L

- 1 – 2 Step RF cross over LF – step LF to L
- 3 – 4 Step RF cross behind LF – touch toe LF to L
- 5 – 6 Step LF cross over RF – $\frac{1}{4}$ turn L and step RF back (12.00)
- 7 – 8 Step LF to L – step RF close together

Part B

Section 1 : Lindy

- 1 & 2 Step RF to R – Step LF close beside RF – Step RF to R
- 3 – 4 Step LF behind RF – recover on R
- 5 & 6 Step LF to L – Step RF close beside LF – Step LF to L
- 7 – 8 Step RF behind LF – recover on L

Section 2 : Diagonal Side Touch

- 1 – 2 Step RF to R diagonal foward – touch toe LF beside RF
- 3 – 4 Step LF to L diagonal foward – touch toe RF beside LF
- 5 – 6 Step RF to R diagonal back – touch toe LF beside RF
- 7 – 8 Step LF to L diagonal back – touch toe RF beside LF

Part C

Section 1 : Rolling Vine

- 1 – 2 Step RF to R – ¼ turn R and step LF forward
- 3 – 4 ½ turn R and step RF back – ¼ turn R and touch toe LF to L
- 5 – 6 Step LF to L – ¼ turn L and step RF forward
- 7 – 8 ½ turn L and step LF back – ¼ turn L and Step RF close together

Section 2 : Forward Touch – ½ Pivot Turn L – Forward Shuffle

- 1 – 2 Step RF forward – touch toe LF to L
- 3 – 4 Step LF forward – touch toe RF to R
- 5 – 6 Step RF forward – ½ turn L recover on L (06.00)
- 7 & 8 Step RF forward – step LF close beside RF – step RF forward

Section 3 : Forward Touch – ½ Pivot Turn R – Forward Shuffle

- 1 – 2 Step LF forward – touch toe RF to R
- 3 – 4 Step RF forward – touch toe LF to L
- 5 – 6 Step LF forward – ½ turn R recover on R (12.00)
- 7 & 8 Step LF forward – step RF close beside LF – step LF forward

Section 4 : V Step – Side Tap and Hold

- 1 – 2 Step RF to R diagonal forward – step LF to L diagonal forward
- 3 – 4 Step RF back to centre – step LF close together
- 5 – 6 Tap RF to R – hold
- 7 – 8 Hold

Tag

V step – Jazz Box

- 1 – 2 Step RF to R diagonal forward – step LF to L diagonal forward
- 3 – 4 Step RF back to centre – step LF close together
- 5 – 6 Step RF cross over L – step LF back
- 7 – 8 Step RF to R – Step LF close together

Last Update: 9 Apr 2023
