

All for You

COPPER KNOB
STEPSHEETS

拍数: 32
编舞者: Amy Christian (USA) - April 2023
音乐: All for You - Janet Jackson

级数: Beginner / High Beginner Funky



Intro: 32 counts. (Begin right after the countdown in the lyrics, 4-3-2-1.)

KICK-STEP-STEP, TWIST-TWIST, L COASTER STEP, PIVOT ½,

1&2 Kick R forward, Step R forward, Step L forward,
3 Twist both heels to left as your body turns 1/8 right, but your head stays forward [12:00],
4 Twist both heels 1/8 left (back in place), [12:00]
5&6 L Coaster step,
7-8 Step R forward, Pivot ½ turn left, stepping L forward, [6:00]

SWITCH & SWITCH, HITCH L ACROSS R KNEE, TOUCH L OUT, ¼ BODY ROLL, L COASTER,

1&2 Touch R out to right side, Replace R next to L, Touch L out to left side,
3-4 Hitch L across R knee, Touch L out to left side,
5-6 With weight still on R and with L still touching out, do a body roll with a ¼ turn left, [3:00]
7&8 L Coaster step,

HEEL SWITCHES, BALL, 1/2 PIVOT, WALK, WALK, SIDE, TOUCH L BEHIND R (SNAP),

1&2& Place R heel forward, Step R next to L, Place L heel forward, Step L next to R,
3-4 Step R forward, Pivot ½ turn left stepping forward, [9:00]
5-6 Walk forward on R, Walk forward on L, (Turning option – ½ - ½ turning left),
7-8 Step R to right side, Bend R knee slightly as you Touch L behind R as you LOOK right and Snap R fingers,

SIDE, HOLD, TOGETHER, SIDE, TOUCH, DIAG BACK, TOUCH, DIAG BACK, TOUCH,

1-2&3 Step L to left side, Hold, Step R next to L, Step L out to side,
4 Touch R next to L (CLAP),
5-6 Step R diagonally back, Touch L next to R,
7-8 Step L diagonally back, Touch R next to L,

Start over!

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