

A's Dance

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Merete Louise Østberg (DK) - July 2023
音乐: All I Know So Far - P!nk : (Album: Setlist - Explicit Version)



Intro: 16 counts

Choreographed at the request of my wonderful co-instructor Anette

Section 1: R Step lock, R step lock step, L fwd rock, L back, R tap in cross

1-2 Step R fwd (1), lock L behind dipping slightly down in both knees that way popping R knee fwd (2) 12:00
3&4 Step R fwd (3), lock L behind (&), step R fwd (4) 12:00
5-6 L fwd rock (5), recover on R (6) 12:00
7-8 Step back on L (7), tap R toe in cross of L (8) 12:00

Section 2: Step R, 1/2 R, R back, L tap in cross, L step lock, L step lock step swep

1-2 Step R fwd (1), turn ½ R stepping back on L (2) 6:00
3-4 Step R back (3), tap L toe in cross of R (4) 6:00
5-6 Step L fwd (5), lock R behind (6) 6:00
7&8 Step L fwd (7), lock R behind (&), step L fwd and sweep R (8) 6:00

Section 3: R Cross rock, R chasse, L cross, 1/4 R, L shuffle back

1-2 R cross rock (1), recover on L (2) 6:00
3&4 Step R to R side (3), step L next to R (&), step R to R side (4) 6:00
5-6 Cross L over R (5), turn ¼ L stepping back on R (6) 3:00
7&8 Step back on L (7), step R together (&), step back on L (8) 3:00

Section 4: R Back rock, full turn L, R rock fwd, R coaster cross

1-2 R back rock (1), recover on L (2) 3:00
3-4 ½ turn L stepping back on R (3), ½ turn L stepping fwd on L (4) 3:00
5-6 R rock fwd (5), recover on L (6) 3:00
7&8 Step back on R (7), step L next to R (&), cross R over L (8) 3:00

Section 5: L Side, hold, ball-side, touch R, 1/4 R side, hold, ball-side, touch L

1-2 Step L to L side (1), hold (2) 3:00
3&4 On ball of R close R next to L (3), step L to L side (&), touch R next to L (4) 3:00
5-6 Turn ¼ R stepping R to R side (5), hold (6) 6:00
7&8 On ball of L close L next to R (7), step R to R side (&), touch L next to R (8) 6:00

Section 6: L Back rock, L kick ball cross, L big side step, slide R towards, R back rock

1-2 L back rock (1), recover on R (2) 6:00
3&4 Kick L to L diagonal (3), step L next to R (&), cross R over L (4) 6:00
5-6 Step L a big step to L side (5), slide R towards L (6) 6:00
7-8 R back rock (7), recover on L (8) 6:00

Section 7: Monterey 1/4 R x 2

1-4 Point R to R side (1), turn ¼ R stepping R next to L (2), point L to L side (3), step L next to R (4) 9:00
5-8 Point R to R side (5), turn ¼ R stepping R next to L (6), point L to L side (7), step L next to R (8) 12:00

Section 8: RL fwd step with sweep, R jazz ½, together

1-2 Step R fwd slightly crossing over L (1), sweep L to L side (2) 12:00

3-4 Step L fwd slightly crossing over R (3), sweep R to R side (4) 12:00
5-6 Cross R over L (5), turn $\frac{1}{4}$ R stepping back on L (6) 3:00
7-8 Turn $\frac{1}{4}$ R stepping R to R side (7), step L next to R (8) 6:00

TAG 1: At the end of wall 1 & 3, dance the 4 count tag facing 6:00

Rocking chair

1-4 Rock R fwd (1), recover back on L (2), rock R back (3), recover fwd on L (4) 6:00

TAG 2: At the end of wall 2, dance the 8 count tag facing 12:00

Rocking chair, step turn x 2

1-4 Rock R fwd (1), recover back on L (2), rock R back (3), recover fwd on L (4) 12:00

5-6 Step R fwd (5), turn $\frac{1}{2}$ L onto L (6) 6:00

7-8 Step R fwd (7), turn $\frac{1}{2}$ L onto L (8) 12:00

Ending: Last wall is wall 8 which starts facing 6:00. To end facing 12:00 do up to count 12 now facing 12:00 – Ta daa!

Last Update: 12 Jul 2023
