

All For U

拍数: 48 墙数: 1 级数: Phrased Improver
编舞者: Naning Olala (INA), Astri Dwi (INA) & Diana Hakim (INA) - October 2023
音乐: All for U (Ameyatchi) - King Serenity, Locko & Sergio Alejandro



Sequences : AA BB AA A(16c) BB A BB

Intro : 16 Count
Part A = 32 Count

S1. MAMBO STEP, SCISSOR STEP, CHASSE

1&2 Rock R fwd - Recover on L - Step R back
3&4 Rock L Back - Recover on R - Step L fwd
5&6 Step R to side - Step L together - Cross R over L
7&8 Step L to side - Step R together - Step L to side

S2. CROSS ROCK, CHASSE, FORWARD ROCK, COASTER STEP

1-2 Rock R over L - Recover on L
3&4 Step R to side - Step L together - Step R to side
5-6 Rock L fwd - Recover on R
7&8 Step L back - Step R together - Step L Fwd

S3 WALK FORWARD R,L,R TOGETHER, SIDE MAMBO

1-4 Step R fwd - Step L fwd - Step R fwd - Step L together
5&6 Rock R to side - Recover on L - Step R together
7&8 Rock L to side - Recover on R - Step L together

S4. WALK BACK R,L,R TOGETHER, SIDE MAMBO

1-4 Step R back - Step L back - step R back - Step L together
5&6 Rock R to side - Recover on L - Step R together
7&8 Rock L to side - Recover on R - Step L together

Part B = 16 Count

S1. SIDE TAP, FLICK TURN 1/4 LEFT, SIDE TOUCH WITH HIPS MOVE

1-2 Tap R to side - Flick R side make 1/4 turn left
Note: During This Flick you can lift L foot of the floor
3&4 Touch R to side and push hips to right – Push hips to left – Push hips to right
5-6 Rock R to side - Turn 1/4 Left with Flick and Recover on L
7&8 Touch R to side and push hips to right – Push hips to left – Push hips to right

S2. FORWARD ROCK, BACK SHUFFLE WITH CLAP, BACK ROCK, FORWARD SHUFFLE WITH CLAP

1-2 Rock R fwd - Recover on L
3&4 Step R Back with Clap - Step L together - Step R back with Clap
5-6 Rock L back - Recover on R
7&8 Step L fwd With Clap - Step R together- Step L fwd with Clap.

Repeat Part B 16C (Face 6 o'clock)

Last Update - 3 Oct. 2023 - R1