

All You Can Do

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Jen Michele (USA) - February 2024
音乐: Good Riddance - Levi Hummon, Filmore & YA'BOYZ



***2 Restarts on walls 3 & 7**

SECTION 1 - Step, ½ pivot with flick, Shuffle forward, Side rock, Recover, Behind-side-cross.

- 1-2 step forward on right foot, make a ½ turn right as you flick the left foot back (now facing where your booty was) (6:00)
3&4 moving forward with shuffle, step left foot forward, right foot next to left, and left foot forward (6:00)
5-6 rock weight to right side on the right foot, recover weight on the left (6:00)
7&8 step right foot behind the left, step left foot to the side, step right foot over the left (6:00)

SECTION 2 - Bounce ½ turn/unwind, shuffle forward, Rock forward, Recover, Back Rock, Recover.

- 1-2 on ball of feet unwind a ½ turn to the left (now facing where your booty was) as you bounce two times, weight ending on the right foot (12:00)
3&4 moving forward with shuffle, step left foot forward, right foot next to left, and left foot forward (12:00)
5-6 rock weight forward onto the right foot, recover weight back onto the left (12:00)
7-8 rock weight back onto the right foot, recover weight onto the left (12:00)

Restart here on walls 3 and 7

SECTION 3 - Side, Touch, Side, Touch, Sweep ¼ turn, Coaster step.

- 1-2 step right foot slightly forward on the diagonal, touch left foot next to right (12:00)
3-4 step left foot slightly forward on the diagonal, touch right foot next to the left (12:00)
5-6 making a ¼ turn to the left as weight transfers to the right, sweep the left foot out and around (9:00)
7&8 from the sweep – step back on the left foot, step right foot next the left, step left foot forward (9:00)

SECTION 4 - Left knee bump x2, Right knee bump x2, ½ turn with knee bumps (left, right, left, right)

- 1&2 as weight transfers on to the right foot, pop/bump left knee twice (left heel comes up) (9:00)
3&4 as weight transfers on to the left foot, pop/bump right knee twice (right heel comes up) (9:00)
5-6-7-8 as you make a ½ turn (to where your booty was) do single knee pops/bumps around following the right shoulder – pop/bump left knee as weight goes onto right (5), pop/bump right knee as weight goes onto left(6), you pop/bump left knee as weight goes onto right (7), pop/bump right knee we weight ends on left (8) (3:00)

Happy Dancing!!!

Email Jen Michele with any questions: danceitoutlinedancing@yahoo.com

Last Update: 12 Mar 2024