

All In Tonight

COPPER KNOB
BY STEPHEN HETS

拍数: 80 墙数: 1 级数: Phrased Improver
编舞者: Mariette Enholm (SWE) - August 2024
音乐: All In - YouNotUs & Laurell



* 1 Tag after Second B-Section

Intro: 8 counts

Sequence: A, B, B, Tag, A, B, B, B

Part A 48 counts

Section 1: Skate R and L, R Diagonal Shuffle, Skate L and R, L Diagonal Shuffle

1,2,3 & 4 R to R diagonal (1), Skate L to L diagonal (2). Step R to R diagonal (3). Step LF next to RF (&), Step R to R diagonal (4).

5,6,7 & 8 Skate L to L diagonal (5), Skate R to R diagonal (6). Step L to L diagonal (7). Step RF next to LF (&), Step L to L diagonal (8).

Section 2: Rockstep, Shuffle back diagonally R & L, Rockstep Back

1, 2, 3 & 4 RF step fwd (1), Recover on LF (2), RF step back diagonally to R (3), LF step together to RF (&), RF step back diagonally (4)

5 & 6,7,8 LF step back diagonally to L (5), RF step together to LF (&), LF step back diagonally (6), RF step back (7), Recover on LF (8)

Section 3: Vaudeville R and L, Step turn 2x 1/4 with Hip Roll to L

&1 & 2 RF cross over LF (&), LF to L (1), R heel diagonally fwd to R (&), RF step together to LF and change weight to RF (2)

&3 & 4 LF cross over RF (&), RF to R (3), L heel diagonally fwd (&), LF step together to RF and change weight to LF (4)

5,6,7,8 RF step fwd (5), LF step to L with 1/4 turn to L (6), RF step fwd (7), LF step to L with 1/4 turn to L (8)

Section 4: Cross over L, Chassé, Cross over R, Shuffle 1/4 turn to L

1,2, 3 & 4 RF cross over LF (1), Recover on LF (2), RF to R (3), LF step together RF (6), RF to R (4)

5,6,7 & 8 LF cross over RF (5), Recover on RF (6), LF to L turn 1/4 (7), RF step together to LF (&), LF step fwd (8)

Section 5 Rock fwd, Recover (sway), Shuffle fwd, Rock fwd, Recover (sway), Shuffle back

1,2,3 & 4 Rock RF fwd (1), Recover on LF with sway (2), Step RF fwd (3), Step LF next to RF (&), Step RF fwd (4)

5,6,7 & 8 Rock LF fwd (5), Recover on RF with sway (6), Step LF back (7), Step RF next to LF (&), Step LF back (8)

Section 6 Monterey 1/4 turn to R x 2, Jazzbox 1/4 turn to R

1 & 2 & Point RF to R (1), Step RF next to LF, change weight to LF (&), Turn 1/4 to R Point LF to L (2), Step LF next to RF, change weight to RF (&)

3 & 4 & Point RF to R (1), Step RF next to LF, change weight to LF (&), Turn 1/4 to R Point LF to L (2), Step LF next to RF, change weight to RF (&)

5,6,7,8 RF cross over LF (5), LF step back diagonally (6), RF step to R, turn 1/4 (7), LF step fwd (8)

Part B 32 counts

Section 1 "Zumba" steps x 2 fwd (RF Cross Rock over LF, Side Rock to R, RF Cross Rock over LF, Side Step to R), Pony Steps back x 2 and do push up's with your hands, Rock step back

1, & 2 & RF cross over LF (1), Recover on LF (&), RF Step to R (2), Recover on LF (&)

3 & 4 RF cross over LF (3), Recover on LF (&), RF Step to R (4)

5&6&7,8 LF step back (5), RF step together as you hitch L knee (&), LF step back (6), RF step together as you hitch L knee (&) LF step back (7) Recover on RF (8). As you do the pony steps lift your hands and do push up's as the lyrics say's "high up on a feeling".

Section 2 L Side rock, L Cross, R Side rock, R Cross, Paddle Turn $\frac{3}{4}$ to R

1 & 2 Rock L to L (1), Recover weight on RF (&), LF cross over RF (2)
3 & 4 Rock R to R (3), Recover weight on LF (&), RF cross over LF (4)
5,6,7,8 LF Point to L (5), Turn $\frac{1}{4}$ to L, Point LF to L (6), Turn $\frac{1}{4}$ to L, Point LF to L (7), Turn $\frac{1}{4}$ to L, LF step next to RF, change weight to LF (8)

Section 3 Mambo fwd & back, Step fwd, Touch, Turn $\frac{1}{4}$ to L, Pivot $\frac{1}{2}$ turn to L, Turn $\frac{1}{4}$ to L with brush

1 & 2 & RF step fwd (1), Recover on LF (&), RF Step back (2), Recover on LF (&)
3,4 RF step fwd (3), LF touch next to RF (4),
5,6,7,8 LF step to L, turn $\frac{1}{4}$ (5), Turn $\frac{1}{2}$ to L, recover on RF (6), LF step to L turn $\frac{1}{4}$ (7) RF light brush (8). As you do your turns lift your hands high up

Section 4 Dorothy Step R & L, Rock Step, $\frac{1}{2}$ turn to R, Step together

1,2 & RF step diagonally fwd R (1), LF step slightly behind RF (2), RF step diagonally to R (&)
3, 4 & LF step diagonally fwd L (3), RF step slightly behind LF (4), LF step Diagonally to L (&)
5,6,7 & 8 RF step fwd (5), Recover on LF (6), Turn $\frac{1}{2}$ to R (7), RF step together (8)

Tag after Second B-Section

Mambo fwd & back X 2

1&2&3&4& RF step fwd (1), Recover on LF (&), RF step back (2), Recover on LF (&) RF step fwd (1), Recover on LF (&), RF step back (2), Recover on LF (&)
