

# All I Know

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - December 2024  
音乐: All - Snow Patrol



No tags or restarts

Start after 32 count intro on the word 'LOVE' – approx. 25secs – 4mins 19secs –93bpm

Music Available Amazon

Dedicated to the 'Flutes Gang' who have been with us through thick and thin – you know who you are!

## [1-8] R/L side syncopated rock steps, R fwd, ½ L pivot turn, R kick ball step

1-2&      Rock R side, recover weight on L side, step R together  
3-4&      Rock L side, recover weight on R side, step L together  
5-6      Step R forward, pivot ½ left (6 o'clock)  
7&8      Kick R forward, step R together, step L forward

## [9-16] R cross rock/recover, R ball cross, R side, L behind/R side/L cross, R scissor cross

1-2      Cross rock R over L, recover weight on L  
&3-4      Step R side, cross step L over R, step R side  
5&6      Cross step L behind R, step R side, cross step L over R  
7&8      Step R side, step L together, cross step R over L

## [17-24] L chassé, ¼ R toaster step, L fwd shuffle, ½ L chase turn

1&2      Step L side, step R together, step L side  
3&4      Turning ¼ right as you sweep R back, step L together, step R forward (9 o'clock)  
5&6      Step L forward, step R together, step L forward  
7&8      Step R forward, pivot ½ left, step R forward (3 o'clock)

## [25-32] L fwd rock/recover, L coaster cross, R side rock/recover, R behind, ¼ L, L fwd, R fwd

1-2      Rock L forward, recover weight on R  
3&4      Step L back, step R together, step cross step L over R  
5-6      Rock R side, recover weight on L  
7&8      Cross step R behind L, turning ¼ left step L forward, step R forward (12 o'clock)

## [33-40] L cross rock/recover, L ball cross, L side, R sailor, L cross shuffle

1-2      Cross rock L over R, recover weight on R  
&3-4      Step L side, cross step R over L, step L side  
5&6      Cross step R behind L, step L side, step R side  
7&8      Cross step L over R, step R side, cross step L over R

## [41-48] ¼ L, R back ½ L, L fwd, R fwd, ¼ L pivot turn, cross step R over L, ¼ R, L back, ½ R, R fwd, L fwd, ¼ R pivot turn, ½ R, L fwd

1-2      Turning ¼ left step R back, turning ½ left step L forward (3 o'clock)  
3&4      Step R forward, pivot ¼ left, cross step R over L (12 o'clock)  
5-6      Turning ¼ right step L back, turning ½ right step R forward (9 o'clock)  
7&8      Step L forward, pivot ¼ right, turning ½ right step L forward (1 o'clock) (to face right diagonal)

## [49-56] Skate R/L diagonally forward, R fwd mambo, L/R sailor steps travelling slightly back

1-2      Towards right diagonal skate R forward, skate L forward  
3&4      Rock R forward, recover weight on L, step R back  
5&6      Cross step L behind R, step R side, step L side

7&8                    Cross step R behind L, step L side, step R side

**[57-64] L touch back,  $\frac{5}{8}$  L turn to back wall, R side rock/recover, R cross step, L side rock/recover, L coaster cross**

1-2                    Touch L back, turning  $\frac{5}{8}$  left (to face back wall) step L down (6 o'clock)

3&4                    Rock R side, recover weight on L, cross step R over L

5-6                    Rock L side, recover weight on R

7&8                    Step L back, R together, cross L over R

**ENDING: Final wall dance first 32 counts, will be facing back wall at this point. To finish at front wall step L forward, pivot  $\frac{1}{2}$  R and strike a pose!**

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