

All We Are

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver - Polka
编舞者: Markus Eiselt (DE) - February 2025
音乐: All We Are - Richello : (longer version)



Intro: 16 Counts (7 Seconds)

Restart: 2 Restart on wall 3 and 9 after 4 Counts

(1-8) Toe Strut R 4x in place, Sailor Step 2x

1-2 Toe Strut R fwd in Place (1), Toe Strut R fwd in Place (2),

3-4 Toe Strut R fwd in Place (3), Toe Strut R fwd in Place (4),

Arms Roll hands in front of body raising from waist to shoulder

5&6 R behind L (5), Step L to L Side (&), Step R to R Side (6)

7&8 L behind R (7), Step R to R Side (&), Step L to L Side (8)

Restart: Here in the 3 th (6:00), 9 th (12:00) wall after: Toe Strut R 4x in place

(9-16) Shuffle R fwd, Rock Step L fwd, Shuffle 1/2 Turn L 2 x

1&2 Step R fwd (1), Step L next to the R (&), Step R fwd (2)

3-4 Step L fwd (3), Wight back to the R (4)

5&6 Step L to L Side 1/4 Turn L (5), Step R next to the L (&), Step L to L Side 1/4 Turn L (6)

7&8 Step R to R Side 1/4 Turn L (7), Step L next to the R (&), Step R to R Side 1/4 Turn L (8)

(17-24) Rock back L, Shuffle 1/4 Turn L, Rock back R, Kick Ball Step R,

1-2 Step L back (1), Wight back to the R (2)

3&4 Step L to L Side (3), Step R next to the L (&), Step L to L Side (4)

5-6 Step R back (5), Wight back to the L (6)

7& 8)Kick R fwd (7), Step R back next to the L (&), Step L fwd (8)

(25-32) Shuffle R fwd,, Rock Step L fwd, Shuffle L back, Rock Back R

1&2 Step R fwd (1), Step L next to the R (&), Step R fwd (2)

3-4 Step L fwd (3), Wight back to the R (4)

5&6 Step L back (5), Step R next to the L (&), Step L back (6)

7-8 Step R back (7), Wight back to the L (8)