

All About You

拍数: 32 墙数: 4 级数: Improver
编舞者: Niels Poulsen (DK)
音乐: All About You - McFly



RIGHT ROCKING CHAIR, STEP ¼ LEFT, CROSS SHUFFLE

1-2 Rock forward on right, recover back on left
3-4 Rock back on right, recover forward on left
5-6 Step forward on right, turn ¼ left (weight on left)
7&8 Cross right over left, step left to left side, cross right over left

TURN ¼ RIGHT, TURN ¼ RIGHT, CROSS SHUFFLE, SIDE ROCK RIGHT, BEHIND SIDE CROSS IN FRONT

1-2 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side
3&4 Cross left over right, step right to right side, cross left over right
5-6 Rock right to right side, recover weight back on left
7&8 Cross right behind left, step left to left side, cross right over left

SIDE STEP, TOUCH, BACK STEP, TOUCH, STEP FORWARD, HOLD, & BALL STEP, SCUFF RIGHT FORWARD

1-2 Step left to left side, touch right next to left
3-4 Step back on right, touch left next to right
5-6 Step forward on left, hold
&7-8 Quickly bring right next to left, step left forward, scuff right forward

CROSS, STEP LEFT BACK, ½ RIGHT SHUFFLE TURN, LEFT SHUFFLE FORWARD, RIGHT KICK BALL CHANGE

1-2 Cross right over left, step back on left
3&4 Turn ¼ right stepping right to right side, bring left next to right, turn ¼ right stepping right forward
5&6 Step forward on left, bring right up to left, step forward on left
7&8 Kick right forward, step back on right, recover weight to left

REPEAT

TAG

When starting your 8th wall (facing 3:00) the beat comes to a standstill on your 5th count. Complete the ¼ turn left (count 6). Wait for the beat to return again and then restart the dance exactly after the word 'about' when they sing "it's all about you" the first time

FINISH

After the restart you complete 2 walls of the dance finishing towards your 6:00 wall. When the music slows down during your last counts you still complete the kick ball change. Then you cross right over left and do a slow ½ unwind over your left shoulder