

All 4 U

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jennifer Pasley-Smith (USA)
音乐: All for You (Radio Edit) - Janet Jackson



EXTENDED SYNCOPATED RIGHT VINE, CLAP, RIGHT KNEE IN-OUT-IN, TWIST RIGHT, TWIST ¼ LEFT

1&2& Step right to right, step left behind right, step right to right, step left in front of right
3-4 Step right to right, clap
5&6 On ball of right bend knee in towards left, out away from left, in towards left
7-8 On balls of feet twist toes right, twist toes left ending with weight on right/left toe pointed to floor

WALK, WALK, BALL-CHANGE, ¼-PIVOT LEFT, TOES IN, OUT, IN-OUT-IN-OUT

9-10 Step left forward, step right forward
&11-12 Step left in place, step right in place, pivot ¼-turn left/ weight even
13-14 With knees bent turn toes in, turn toes out
&15&16 Turn toes in, turn toes out, turn toes in, turn toes out (sweep right hand, palm flat, from front to side)

SIDE BALL-CHANGE, FRONT BALL-CHANGE, STEP RIGHT BACK, ½-PIVOT RIGHT, STEP LEFT FORWARD, ½-PIVOT RIGHT, 2 LUNGE BOUNCES

17&18& Step right to right, step left in place, step right forward, step left in place
19-20 Step right back, pivot ½-turn right on balls of feet (weight on right)
21-22 Step left forward, pivot ½-turn right on balls of feet (weight on left)
23-24 Lean forward with hands on right thigh and bend and straighten knees (bounce) twice

KICK RIGHT FORWARD, WALK, WALK, 3 WIDE GALLOPS, FRONT BALL-CHANGE, ¼-TURN LEFT

25 Shift weight to left while kicking right forward (hop onto left for added effect)
26-27 Step right forward, step left forward
&28 Step right to right, step left to left
&29&30 Step right in place, step left in place, step right in place, step left in place (make this a rolling motion with knees slightly bent and weight shifting up and down from side to side)
&31-32 Step right forward, step left in place, pivot ¼-turn left (weight on left)

REPEAT

To begin the dance, start after Janet says "Edit" and the guy counts down "4-3-2-1" by doing the 1st 16-counts then starting the dance over (the only time the dance is disrupted) OR wait 16 counts after the "4-3-2-1" before beginning the dance.