

# All 4 U

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



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## 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.

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