

All I Need

拍数: 144 墙数: 2 级数: Intermediate
编舞者: Michael Vera-Lobos (AUS)
音乐: I Need You - LeAnn Rimes



CROSS ROCK/REPLACE, STEP SIDE, HOLD, CROSS ROCK/REPLACE, STEP SIDE, HOLD

1-4 Cross rock right over left, rock weight back onto left, step right to right, hold
5-8 Cross rock left over right, rock weight back onto right, step left to left, hold

STEP ½ LEFT ON RIGHT, STEP BACK ON LEFT, STEP BACK/Drag, COASTER STEP, HOLD

1-4 Step forward on right turning ½ turn left, step back on left, step back on right, drag left beside right
5-8 Step back on left, step right beside left, step forward on left, hold

CROSS ROCK/REPLACE, STEP SIDE, HOLD, CROSS ROCK/REPLACE, STEP SIDE, HOLD

1-4 Cross rock right over left, rock weight back onto left, step right to right, hold
5-8 Cross rock left over right, rock weight back onto right, step left to left, hold

STEP ½ LEFT ON RIGHT, STEP BACK ON LEFT, STEP BACK/Drag, COASTER STEP, HOLD

1-4 Step forward on right turning ½ turn left, step back on left, step back on right, drag left beside right
5-8 Step back on left, step right beside left, step forward on left, hold

ROCK FORWARD, BACK, STEP TOGETHER, HOLD, ARCH ACROSS, HOLD, ARCH ACROSS HOLD

1-4 Rock forward right, back on left, step back on right, hold
5-8 Traveling back - arch left to left side crossing left behind right, hold, arch right to right, cross right behind left, hold

ROCK BACK, FORWARD, BACK, STEP FORWARD, HOLD, ARCH ACROSS, HOLD, ARCH ACROSS HOLD

1-4 Rock back left, rock forward right on right, step forward on left, hold
5-8 Traveling forward - arch right to right side, crossing right over left, hold, arch left to left side crossing left over right, hold

SIDE RIGHT, LEFT BEHIND, ¼ RIGHT, HOLD, STEP FORWARD LEFT, ½ PIVOT RIGHT, STEP FORWARD LEFT, HOLD

1-4 Step right to right, cross left behind right, step right to right turning ¼ turn right, hold
5-8 Step forward left, pivot ½ turn right, step forward left, hold

SIDE RIGHT, LEFT BEHIND, ¼ RIGHT, HOLD, STEP FORWARD LEFT, ½ PIVOT RIGHT, STEP FORWARD LEFT, HOLD

1-4 Step right to right, cross left behind right, step right to right turning ¼ turn right, hold
5-8 Step forward left, pivot ½ turn right, step forward left, hold

ROCK BACK, HOOK, ROCK FORWARD, HOOK, STEP BACK, ½ TURN, STEP FORWARD, HOLD

1-4 Rock back on right, hook left over right, rock forward on left, hook right behind left
5-8 Step back on right, turn ½ turn left stepping forward on left, step forward right, hold

ROCK BACK, HOOK, ROCK FORWARD, HOOK, STEP BACK, ½ TURN, STEP FORWARD, HOLD

1-4 Rock back on left, hook right over left, rock forward on right, hook left behind right
5-8 Step back on left, turn ½ turn right stepping forward on right, step forward left, hold

SIDE, CENTER, CROSS, HOLD, SIDE CENTER, STEP FORWARD, HOLD

- 1-4 Step right to right, rock weight to left, cross right over left, hold
5-8 Step left to left, rock weight to right, step forward on left in front of right, hold

FULL TURN FORWARD RIGHT, HOLD, STEP BACK LEFT, ½ TURN RIGHT, STEP FORWARD LEFT, HOLD

- 1-4 Traveling forward turn full turn right, stepping right, left, right, hold
5-8 Step back on left turning ½ turn right step forward right, step forward left, hold

SIDE, CENTER, CROSS, HOLD, SIDE CENTER, STEP FORWARD, HOLD

- 1-4 Step right to right, rock weight to left, cross right over left, hold
5-8 Step left to left, rock weight to right, step forward on left in front of right, hold

FULL TURN FORWARD RIGHT, HOLD, STEP BACK LEFT, ½ TURN RIGHT, STEP FORWARD LEFT, HOLD

- 1-4 Traveling forward turn full turn right, stepping right, left, right, hold
5-8 Step back on left turning ½ turn right step forward right, step forward left, hold

STEP FORWARD, HOLD, 1/2 PIVOT, FLICK, WEAVE LEFT - CROSS, SIDE, BEHIND, SIDE

- 1-4 Step forward right, hold, pivot ½ turn left, flick right foot to right side
5-8 Travel left - cross right over left, step left to left, cross right behind left, step left to left

STEP FORWARD, HOLD, 1/2 PIVOT, FLICK, WEAVE LEFT - CROSS, SIDE, BEHIND, SIDE

- 1-4 Step forward right, hold, pivot ½ turn left, flick right foot to right side
5-8 Travel left - cross right over left, step left to left, cross right behind left, step left to left

ROCK HIP FORWARD, HOLD, ROCK HIP BACK, HOLD, STEP FORWARD, ½ PIVOT, WALK FORWARD, WALK FORWARD

- 1-4 Rock forward on right foot (push hip forward), hold, rock back on left foot (push hip back), hold
5-8 Step forward right, pivot ½ turn left, step forward right, step forward on left beside right

ROCK HIP FORWARD, HOLD, ROCK HIP BACK, HOLD, STEP FORWARD, ½ PIVOT, WALK FORWARD, WALK FORWARD

- 1-4 Rock forward on right foot (push hip forward), hold, rock back on left foot (push hip back), hold
5-8 Step forward right, pivot ½ turn left, step forward right, step forward on left beside right

REPEAT
