

# All My Life

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
编舞者: Kash Bane (UK)  
音乐: All My Life - Shayne Ward



## STEP BALL CHANGE, STEP BALL CHANGE, 1 ½ TURN WITH HITCH, STEP, COASTER STEP

- 1&2      Step right to right diagonal, step left next to right, step right in place  
&3&      Step left to back left diagonal, step right next to left, step left foot in place  
4&5      Make a ½ turn over right shoulder stepping forward on right, make a ½ turn over right shoulder stepping back on left, on ball of left make a ½ turn over right shoulder while hitching right knee  
6      Step forward on right  
7&8      Step back on left foot, step right foot next to left, step forward on left foot

## ¼ TURNING WEAVE, SWEEP, CROSS, STEP, BACK RIGHT ROCK, STEP, ¾ SPIRAL, STEP, POINT, HITCH

- 1&2&      Step right to right side making a ¼ turn left, step left foot behind right, step right to right side, cross left over right  
3&      Sweep right leg out and round in front of left  
4      Cross right over left  
5&6&      Step left to left side, rock right foot behind left, recover onto left, step right to right side  
7      Make a ¾ turn over left shoulder, crossing left foot at right shin  
&8&      Step forward on left, point right toe to right side, hitch right knee across left leg

## RIGHT WEAVE, RIGHT SIDE ROCK, BEHIND, SIDE, RIGHT CROSS ROCK, ¾ TURN, WEIGHT SHIFT, RIGHT SIDE ROCK

- 1&2&      Step right to right side, step left foot behind right, step right foot to right side, cross left over right  
3&4&      Rock right foot to right side, recover onto left foot, step right foot behind left, step left to left side  
5&      Rock right foot across left, recover onto left  
6&      Swinging right leg out and behind body, produce a ¾ turn right, step right to right side  
7&      Place weight onto left foot pointing right toe to right side  
8&      Rock right foot to right side, recover onto left

## CROSS, ROCK AND CROSS, ½ TURNING COASTER STEP, STEP, FULL TURN WITH RONDE, CROSS ROCK TOUCH

- 1      Cross right foot over left  
2&3      Rock left foot to left side, recover onto right foot, cross left foot over right  
4&5      Make a ¼ turn left stepping back on right, step left foot next to right, make a ¼ turn left stepping forward on right  
6      Step forward on left foot  
&7      Make a ½ turn over left shoulder stepping back on right, make a ½ turn stepping forward on left foot and sweeping right leg out and in front of left  
&8&      Cross rock right foot over left, recover onto left foot, touch right toe at left

## REPEAT

## RESTART

The first restart occurs on wall 3. Dance up to count 27 (left rock and cross) then for count 28 touch right toe at left foot. Now restart the dance from the beginning

The second restart occurs on wall 6. Dance up to count 14 (left step, back right rock) then replace the right side step with a right scuff. Restart the dance from the beginning

At the end of the track, the music slows, so after wall 8, dance the first 8 counts then stop (after the left coaster step). If you continue the timings become slightly harder, and it looks better ending on the coaster step

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