

All My Life

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Improver
编舞者: Cynthia Skublak
音乐: All My Life - Mustafa Sandal



Sequence: B A A B A A B A A B A

PART B

PADDLE FULL TURN RIGHT, MAMBO STEP LEFT RIGHT

1&2&3&4 Step right with $\frac{1}{4}$ turn right, step left ball beside right x 4
5&6 Step left forward, step right in place, step left beside right
7&8 Step right back, step left in place, step right beside left

PADDLE FULL TURN LEFT, MAMBO STEP RIGHT LEFT

9-16 Same steps as 1-8 but opposite direction

OPTIONAL HAND AND SHOULDER MOVEMENT:

1-4 Both hand to the left shoulder high, palm facing out, bend body a little to the right, shrug both shoulder up down each time you turn
9-12 Same steps as 1-4 but opposite direction, (or do whatever you like, just have fun with it)

PART A

ROCK RECOVER, CROSS SHUFFLE, SIDE SHUFFLE, BEHIND SIDE CROSS

1-2 Rock right to right, recover onto left
3&4 Cross step right over left, step left to left, cross right over left
5&6 Step left to left, step right beside left, step left to left
7&8 Step right behind left, step left to left, cross right over left

ROCK $\frac{1}{4}$ TURN, SHUFFLE FORWARD LEFT RIGHT, TRIPLE FULL TURN

1-2 Rock left to left, recover $\frac{1}{4}$ turn right
3&4 Step left forward, step right behind left, step left forward
5&6 Step right forward, step left behind right, step right forward
7&8 Triple full turn right - left right left

TWINKLE STEP RIGHT LEFT, SAILOR STEP RIGHT LEFT

1&2 Cross right over left, step left behind right, step right beside left
3&4 Cross left over right, step right behind left, step left beside right
5&6 Cross right behind left, step left to left, step right to right
7&8 Cross left behind right, step right to right, step left to left

CROSS $\frac{1}{4}$ TURN STEP, MAMBO TOUCH, CROSS TOUCH RIGHT LEFT, CROSS $\frac{1}{4}$ TURN, HOLD

1&2& Cross right over left, step back on left, $\frac{1}{4}$ right step right forward, step left beside right
3&4 Rock right to right, recover onto left, touch right beside left
5&6& Cross touch right toe over left, recover right beside left, cross touch left toe over right, recover left beside right
7&8 Cross right over left, turn $\frac{1}{4}$ right stepping left back, hold, (weight on left)