

All Or Nothing

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Diane Lee (UK)
音乐: All Or Nothing - Athena Cage



STEP, ½ HITCH POINT; CROSS ROCK STEP LEFT, FULL UNWIND, STEP & CROSS, HEEL BOUNCE

1-2 Step forward on the right, hitch left making ½ turn over right shoulder, point left to left side
3&4 Cross rock left over right, recover right, step left to left side
5-6 Cross right over left, unwind full turn over left shoulder
&7&8 Step right up to left, cross left over right, rise up on toes, replace (heel bounce)

SWITCH RIGHT, SWITCH LEFT, HITCH SLIDE ¼ RIGHT, HEEL SWITCH RIGHT & LEFT, DIG, HITCH POINT BEHIND

1&2 Point right toe to right, switch and point left to left
&3-4 Hitch left knee, slide left make ¼ right, slide right ending touched to left
5&6 Heel switch right and left (traveling forward)
&7&8 Bring left back next to right, heel dig right in front leaning back, hitch the right and toe dig behind

¼ RIGHT, CROSS ROCK RECOVER, HIPS LEFT, RIGHT, SLIDE LEFT, REVERSE PIVOT ½, CROSS LEFT POINT RIGHT

1-2& Make ¼ right stepping right to right side, cross rock left over right, recover back on right
3&4 Step left to left side bumping hips left (3) right (&), large step left
5-6 Cross right behind left, ½ reverse pivot. Transfer weight right
7-8 Cross step left in front of right, point right toe to right side

WEAVE LEFT BEHIND SIDE FRONT, ¼ HITCH POINT LEFT, TOE TOUCH LEFT, HEEL SWITCH RIGHT & LEFT STEP RIGHT ½ PIVOT

1&2 Weave left - cross right behind, step left to left side cross right in front of left
&3-4 Hitch left (&), ¼ right and point left to left side (3), touch left toe in front (4)
&5&6 Step left next to right, touch right toe forward, switch touch left toe forward
&7-8 Step left next to right, step forward right ½ pivot turn over left shoulder transfer weight left

Dance ends with a ½ turn and you'll start over with a step forward right ½ turn so be sure to transfer weight left as you end

REPEAT
