

All That (P)

拍数: 40 墙数: 0 级数: Partner
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音乐: You Walked In - Lonestar



MENS STEPS

STEP, TOUCH, STEP, TOUCH, ROCK, ROCK, ROCK, ROCK

- 1-2 Step forward right; touch left toe back
3-4 Step back left, touch right heel forward
5-8 Double-time rock forward right, back left, forward right, back left.

POINT, MONTEREY ¼ TURN; STEP; HITCH; STEP BACK; KICK; MILITARY ¼ TURN

- 9-10 Touch right toe out right side, slide next to left making ¼ turn to the right
11-12 Step forward right; hitch left
13-14 Step back left; kick right
15-16 Touch right toe next to left foot; shift weight onto right making ¼ military turn to the left (face your partner)

SHUFFLE AND ROCK STEP (TO LEFT); SHUFFLE AND ROCK STEP (TO RIGHT)

- 17&18 Side shuffle to your left; left-right-left
19-20 (¼ turn to the left) rock forward right (drop left hand) step back left
21&22 Side shuffle to your right; right-left-right (switch hands/face lady)
23-24 (¼ turn to the right) rock forward left; step back right

Shuffle and Rock step (back) Shuffle, Shuffle (wrap the lady)

- 25&26 Shuffle left-right-left to your left (facing partner, take both hands)
27-28 Rock back right, step forward left.
29&30 Shuffle forward right-left-right (pass lady, right side to right side & raising right hand)
31&32 Shuffle left-right-left behind lady to a wrap (lady on your right)

Shuffle (Lady ducks out) and Rock step; Step, Step, Rock step

- 33-34 Walk right-left (lift your right elbow forcing the lady to duck out)
35-36 (½ turn to the right-face your partner) rock back right, step left
37-38 Step forward right, step back left (unwind lady 1 full turn)
39-40 Rock back right, step left

REPEAT

LADIES STEPS:

STEP, TOUCH, STEP, TOUCH, ROCK, ROCK, ROCK, ROCK

- 1-2 Step back left; touch right heel forward
3-4 Step forward right; touch left toe back
5-8 Double-time rock back left, forward right, back left, forward right

POINT, MONTEREY ¼ TURN; STEP; HITCH; STEP BACK; KICK; MILITARY ¼ TURN

- 9-10 Touch left toe out to side, slide next to right make ¼ turn to the left
11-12 Step forward left; hitch right
13-14 Step back right, kick left.
15-16 Touch left toe next to right foot; shift weight onto left making ¼ military turn to the right (face your partner)

SHUFFLE AND ROCK STEP (TO RIGHT); SHUFFLE AND ROCK STEP (TO LEFT)

- 17&18 Side shuffle to the right, right-left-right.
19-20 (¼ turn to the right) rock forward left (drop left hand) step back right
21&22 Side shuffle left-right-left to your left (switch hands/face man)
23-24 (¼ turn to the left) rock forward right, step back left.

SHUFFLE AND ROCK BACK)SHUFFLE (WRAP LEFT ½ TURN) SHUFFLE (CONT.LEFT ½ TURN)

- 25&26 Shuffle right-left-right to your right (facing partner, take both hands)
27-28 Rock back left, step forward right
29&30 Shuffle forward left-right-left (pass man right side to right side & raising left hand)
31&32 Shuffle right-left-right back to a wrap on partner's right side

STEP, STEP, (DUCK OUT) ROCK STEP, FULL TURN, ROCK STEP

- 33-34 Step back (ducking out) left, right
35-36 Rock back left, step forward right
37-38 Step left, right unwinding (lift arms and turn to the right 1 full turn)
39-40 Rock back left, step right

REPEAT
