

All Things

拍数: 32 墙数: 4 级数: Intermediate
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音乐: All Things (Just Keep Getting Better) - Widelife With Simone Denny



STEP, TOUCH, STEP, TOUCH, OUT, OUT, IN, IN, KICK-BALL-SIDE, KICK-BALL-SIDE

- &1 Step right forward, touch left next to right
Arms for count 1: with both fists clenched and both elbows bent, place both fists to your chest with knuckles together, raise left elbow up towards your ear and drop your right elbow down to your right hip
- &2 Step down on left, touch right next to left
Arms for count 2: with fists still clenched move your left fist down to your right hip at the same time move your right fist across your chest straight out past your left shoulder
- &3 Step right foot to right side, step left foot to left side
Arms for count 3: with fists still clenched raise your arms up above your head to the 10:00 and 2:00 positions
- &4 Step right foot home, step left foot home
Arms for count 4: with fists still clenched bring both fists down into your lower abdomen, at the same time bend your knees slightly and contract your stomach slightly
- 5&6 Kick right forward, step down on ball of right next to left, step left slightly left
- 7&8 Kick right forward, step down on ball of right next to left, step left slightly left

JAZZ BOX ¼ TURN RIGHT, VINE RIGHT ¼ TURN

- 1-4 Cross right over left, step back on left, while making ¼ turn right step right forward, step left next to right
- 5-8 Step right to right side, step left behind right, while making ¼ turn right step right forward, step left next to right

VAUDEVILLES, & TOUCH & HEEL & STEP, TOUCH WITH A CLAP

- 1&2 Cross right over left, step back and slightly out on left, present right heel diagonally forward
- &3&4 Bring right home, cross left over right, step back and slightly out on right, present left heel diagonally forward
- &5&6 Bring left home, touch right next to left, step right back slightly, touch left heel diagonally forward
- &7-8 Bring left home, step forward on right, touch left next to right with a clap

KICK, STEP ¼ TURN LEFT, TWIST, TWIST, TWIST, STEP, SHUFFLE FORWARD LEFT, RIGHT, LEFT

- 1-2 Kick left forward, while making a ¼ turn left twist right toes to left while stepping left foot next to right (both knees slightly bent)
- 3 Twist both heels left making a ¼ turn right while straightening both knees (still facing 3:00 wall)
- 4 Twist both heels right making a ¼ turn right while bending both knees slightly (still facing 3:00 wall)
- 5 Twist both heels left making a ½ turn right while straightening both knees (now facing 9:00 wall) weight ending on left
- 6 Step forward on right
- 7&8 Step forward left, step right next to left, step forward on left

REPEAT