

# All 4 U

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Roy Verdonk (NL) & Wil Bos (NL)  
音乐: All for You - Kate Ryan



Intro : 16 counts

**Step Tap, Heel Bounce, Kick Ball Step, Out, Out, In, In**

1&2      Step right to right diagonal, Lift heel, Lower heel right foot  
3&4      Kick right forward, Step down on ball of right foot, Step left forward  
5-6      Step right to right diagonal, Step left to left diagonal  
7-8      Step right back to the middle, Close left next to right (12)

**Kick and Skate (x2), Rock, Recover, 1 ¼ Triple Turn Right**

1&2      Kick right forward, Step right next to left, Step left forward with toes left swivel heel back  
3&4      Kick right forward, Step right next to left, Step left forward with toes left swivel heel back  
5-6      Rock right forward, Recover  
7&      Pivot ½ turn right and step right forward, Pivot ½ turn right step back on left,  
8      ¼ Turn right step right to right side (03)

**Option for 7&8 – ¼ turn right with a side shuffle right**

**Cross, Step, Sailor Step, Recover with Shoulder pops (x2), Cross Shuffle**

1-2      Cross left over right, step right to right side  
3&4      Cross left behind right, Step right to right side, Step left to left side  
5-6      Recover on right and pop right shoulder, Recover on left and pop left shoulder  
7&8      Cross right over left, Step left to left side, Cross right over left (03)

**Option for 5-6 – Recover on right and sway right, Recover on left and sway left**

**¼ Turn, ¼ Turn, Cross Mambo (x2), Step, Pivot**

1-2      ¼ turn right step left back, ¼ turn right step right to right side (09)  
3&4      Cross left over right, Recover, Step left to left side  
5&6      Cross right over left, Recover, Step right to right side  
7-8      Step left forward, Pivot ½ turn right (03)

**Step, Lock, Step, Lock, Step, Rock, Recover, ¾ Turn**

1-2      Step left forward, Lock right behind left  
3&4      Step left forward, Lock right behind left, Step left forward  
5-6      Rock right forward, Recover  
7&8      ¾ triple turn right stepping R-L-R (weight on right) (12)

**Step, Touch & Snap, Step, Touch & Snap, Rock, ¼ Turn Recover, Point, Cross**

1-2      Step left to left side, Touch right behind left and snap fingers on shoulder height  
3-4      Step right to right side, Touch left behind right and snap fingers on shoulder height  
5-6      Rock left to left side, Recover with ¼ turn right (03)  
7-8      Point left to left side, Cross left over right

Start again and let the music touch your soul

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