

All of Me

COPPER **KNOB**
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Peter Jones (UK) & Anna Lockwood (UK) - 2010
音乐: All Of Me - Glenn Douglas : (Album: Just Swing It)



Single "All Of Me" available as a FREE download at www.glendouglas.biz

Starts on vocals "All of me" 15 seconds in.

[1-8] Step, Kick, Step, Kick, Step, Kick, Step, Kick

- 1-4 Cross R Over L, Kick L Diagonally L. Cross L Over R, Kick R Diagonally R. (Steps Travelling Slightly Forward)
- 5-8 Cross R Behind L, Kick L Diagonally L. Cross L Behind R, Kick R Diagonally R. (Steps Travelling Slightly Back)

[9-16] Rock Back, Recover, Side, Hold, Rock Back, Recover, Tap, Tap.

- 9-12 Rock Back Onto R, Recover Weight Onto L. Step R To R Side, Hold For One Count.
- 13-16 Rock Back Onto L, Recover Weight Onto R, Tap L Toe Twice Behind R

[17-24] Side, Behind, ¼ Turn L, Step, ½ Turn L, ¼ Turn L, Behind, ¼ Turn R.

- 17-20 Step L To L Side, Step R Behind L, Turn ¼ L Onto L, Step Forward Onto R.
- 21-24 Pivot ½ Turn L Onto L, Step ¼ L Onto R, Step L Behind R, Step ¼ Turn R Onto R.

[25-32] Toe Strut, Toe Strut, Jump Back, 3 x Knee Pops (Elvis Knees).

- 25-28 Cross L Over R Stepping Toe, Heel, Cross R Over L Stepping Toe, Heel.

(Prissy Walk Style)

- &29-32 Jump Slightly Back L R (Keeping Weight On L), Bend L Knee Slightly Inwards Changing Weight Onto R, Bend R Knee Inwards Changing Weight Onto L, Bend L Knee Inwards Changing Weight Onto R

[33-40] Side, Together, Forward, Hold, Rock Forward, Recover, ¼ Turn R, Hold.

- 33-36 Step L To L Side, Step R Next To L, Step Forward Onto L, Hold For One Count.
- 37-40 Rock Forward Onto R, Recover Weight Onto L, Turn ¼ R Onto R, Hold For One Count.

[41-48] Cross, Hold, Unwind ½ R, Hold, Cross, Hold, Unwind ½ L, Hold.

- 41-44 Cross L Over R, Hold For One Count, Unwind ½ Turn R Keeping Weight On L, Hold For One Count.
- 45-48 Cross R Over L, Hold For One Count. Unwind ½ Turn L Keeping Weight On L, Hold For One Count.

(Option; Click Fingers On All Holds)

[49-56] Heel Grind, Step, Heel Grind, Step, Rock Back, Recover, Kick Ball Cross.

- 49-52 Step R Heel Across L, Step L To L Side While Fanning R Foot To R, Step R Heel Across L, Step L To L Side While Fanning R Foot To R.
- 53-54 Rock Back Onto R, Recover Weight Onto L.
- 55&56 Kick R Foot Forward, Step R Next To L, Cross L Over R.

[57-64] ¼ Turn L, ½ Turn L, Rock, Recover, Coaster Step, Side, and Drag.

- 57-58 ¼ Turn L Stepping Back Onto R, ½ Turn L Stepping Forward Onto L.
- 59-60 Rock Forward Onto R, Recover Weight Onto L.
- 61&62 Step Back Onto R, Step L Next To R, Step Forward Onto R.
- 63-64 Step L a Large Step To L Side, Drag R Towards L (No Weight On R).

Have Fun! Dance With A Smile :0)

