

All She Knows

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jordan Lloyd (UK) - February 2011
音乐: All She Knows - Bruno Mars



Count in – 32 counts from the beginning of the song. 2/4 wall.

[1-8] Lunge, Sweep, Sailor ¼ Rock Recover, Step Back, Step ½, ¼ Rock & Cross.

- 1, 2 Lunge step right foot forward, recover back on left as you sweep right foot around to the right.
3&4 Step right behind left, step left forward making ¼ turn left, rock forward on right.
& 5 Recover back on left, step back on right.
6 Step left forward making ½ turn left.
7&8 Rock right out to right making ¼ turn left, recover onto left, cross right over left.

[9-16] Rock & Cross, Step Twist, Twist, Sweep ¾, Sailor Cross, Sway, Sway.

- 1&2 Rock left out to left, recover onto right, cross left over right.
3&4 Step right to right as you twist the top half of your body to the left, twist the top half of your body to the right, sweep left around making ¾ turn left.
5&6 Step left behind right, step right to right side, cross left over right.
7, 8 Sway hips to right side, sway hips to left side.

Restarts 1 and 2 happen here

[17-24] Cross Back Together, Cross Back Together, Monterey ½, Rock & Cross.

- 1&2 Cross right over left, step left to left, step right next to left.
3&4 Cross left over right, step right to right side, step left next to right.
(Moving back slightly as you do these steps)
5, 6 Point right to right, make ½ turn right as you step right next to left.
7&8 Rock left out to left, recover back onto right, cross left over right.

[25-32] Right Basic, ¾ Lift, Run, Run, Rock, Recover, Coaster Cross.

- 12& Step right to right, rock left behind right, recover onto right.
3 Step left back as you make ¾ turn right as lift right foot off the ground.
4&5 Step right forward, Step left forward, rock forward on right.
6 Recover back onto left.
7&8 Step back on right, step left next to right, cross right over left.

Restart 3 happens here

[33-40] & Step, Pop Sweep ¼, Sailor, Step, Rock & Cross & Cross.

- &1 Step left to left, step right next to left.
(position your body to right diagonal)
&2 Pop both knees forward slightly, as you bring knees back down put weight onto right and sweep left around making ¼ turn left.
3&4 Step left behind right, step right to right, step left to left.
5 Step forward on right.
6&7 Rock left to left side, recover back onto right, cross right over left.
&8 Step right to right, cross left over right.

[41-48] Step ¼, Step ¼ Cross Side Together Cross, Step ¼, Step ½, Step ½ Step, Ball Step, Step

- 1, 2 Step back on right making ¼ turn left, step left to left making ¼ turn left.
3&4 Cross right over left, step left to left, step right next to left.
&5 Cross left over right, step back on right making ¼ turn left.
6, 7 Step forward on left making ½ turn left, step right forward.
&& Pivot ½ turn left, step right next to left, step left forward.

***Restart 1 happens on the 3rd wall, you will restart the dance on the 3 o'clock wall. (you will dance the dance as a 2 wall dance on the 3 o'clock and 9 o'clock walls)**

***Restart 2 happens on the 6th wall, you will restart the dance on the 6 o'clock wall.**

***Restart 3 happens on the 7th wall, you will be facing the 12 o'clock wall.**

On restart 3 on counts 7&8 instead of doing a coaster cross, do a coaster step and then add an & count stepping left next to right, start again lunging right.

Dance the dance as normal after 3rd restart!

Have fun and let loose! :D

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