

All You Need Is Me

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Johanna Barnes (USA) - March 2013
音乐: All You Need Is Me - Joey + Rory



16 count intro

[1~8&]: HEEL HOOK SWITCHES x2

- 1 R present heel forward (12:00)
- 2 R bend knee, 'hook' heel (or toe) across L
- 3 R present heel forward
- & R step next to L, taking weight
- 4 L present heel forward
- & L step next to R, taking weight
- 5 R present heel forward
- 6 R bend knee, 'hook' heel (or toe) across L
- 7 R present heel forward
- & R step next to L, taking weight
- 8 L present heel forward
- & L step next to R, taking weight

[9~16]: R ROCKING CHAIR, ¼ R JAZZ CROSS

- 1 R push step forward
- 2 recover weight back onto L
- 3 R push step back
- 4 recover weight forward onto L
- 5 R step across L
- 6 ¼ turn R while stepping slightly back on L
- 7 R step to R side (now facing 3:00)
- 8 L step across R

[17~24]: R ROCK-RECOVER, R CROSSING SHUFFLE, L 'SWINGING' ROCKING CHAIR

- 1 R push step to R side
- 2 recover weight onto L
- 3 R step across L
- & L small step to L side
- 4 R step across L
- 5 L push step forward, sway hip L
- 6 recover weight back on R, sway hip R
- 7 L push step back, sway hip L
- 8 recover weight forward on R, sway hip R

(The crossing shuffle leaves your hips rotated to the left, it's most comfortable to remain at this slight angle while doing the sway-rocking chair)

[25~32]: L ¼ and ½ PUSH TURNS R, L SLIDE, BACK R ROCK-RECOVER

- 1 L step forward (3:00)
- 2 ¼ turn R putting weight onto R (6:00)
- 3 L step forward (6:00)
- 4 ½ turn R putting weight onto R (12:00)
- 5 L step to L side (longer than normal)
- 6 R small drag in toward L
- 7 R small push step behind R

8 L recover weight slightly across R
(The R foot remains in place as you step and rotate the ¼ and ½ turns, like a 'basketball pivot')

[33~40]: R SIDE, L ROCK-RECOVER, L ½ TURN R TO R, L CROSS ROCK-RECOVER, SIDE L

1 R step to R side
2 L push step back, open toward L to prep
3 recover weight onto R
4 L step to L side as you begin to rotate R
a ½ turn R (6:00)
5 R step to R side
6 L push step across R
7 recover weight back onto R
8 L step to L side

[41~48]: R CROSS-HOLD, L SIDE-REPLACE, L CROSS-HOLD, R SIDE, ½ L TURN TO L

1 R step across L
2 hold
3 L push step out to L side
4 recover weight to R, slightly open to R
5 L step across R
6 hold
7 R step to R side
a ½ turn L (12:00)
8 L step forward and slightly L

[49~56]: R FWD STEP-HOLD, L FWD STEP-HOLD, R SIDE HIP SWAY, L SIDE HIP SWAY, R COASTER STEP

1 R step forward and across L*
2 hold
3 L step forward and across R*
4 hold
5 R small step to R side, sway hips R
6 L small step to L side, sway hips L
7 R small step back
& L step next to R
8 R small step forward

*** For styling: add a small knee lift before the step, and take the step rolling through the foot heel-to-toe, adding a settling of the hip. Strut!**

[57~64]: L ROCKING CHAIR, ½ TURN R, STEP BACK L, R, L, TOUCH R

1 L push step forward
2 recover weight back onto R
3 L push step back
4 recover weight forward onto R
a ½ turn R, with a small left knee hitch (6:00)
5 L step back
6 R step back
7 L step back
8 R touch next to L

(BEGIN AGAIN, and most certainly DWYF!)

Contact : johanna@dancewhatyoufeel.com ~ www.dancewhatyoufeel.com ~ 203.464.5322 (U.S.A.)
