

All of Me

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: High Intermediate NC2S
编舞者: Pim van Grootel (NL) & Bella Scholtz  - October 2013
音乐: All of Me - John Legend



Starts after: 8 Counts

Rock Side, Full Turn L, Sweep, Cross, Diagonal Back, 1/8 Turn R, Side, Walk Diagonal L, R, L fwd, 1/2 Turn R, Side, Cross, 3/4 Turn L, Kick

- 1 RF Step to right side
- 2 LF 1/4 Turn left, stepping forward (9.00)
- & RF 1/2 Turn left, stepping backwards (3.00)
- 3 LF 1/4 Turn left, stepping to left, sweeping RF side to front (12.00)
- 4 RF Cross over LF
- & LF Step diagonal left backwards (1,30)
- 5 RF 1/8 Turn right, stepping to right side (3.00)
- 6 LF Step diagonal right forward (4.30)
- & RF Step forward
- 7 LF Step forward (start rotating right)
- & RF 1/2 Turn right, stepping to right side (10.30)
- 8 LF Cross over RF
- & RF 1/4 Turn left, stepping backwards (7.30)
- 1 LF Kick forward and keep it there as you continue an other 1/2 Turn, (1.30)

Rock fwd, Recover, Back, Back, 1/2 Turn L, 1/8 Turn L, Step Side, Rock L, R, Step Side, Cross, Side, Behind, Sweep

- 2 LF Rock forward (1,30)
- & RF Recover weight
- 3 LF Step backwards (1,30)
- 4 RF Step backwards
- & LF 1/2 Turn, stepping forward (7.30)
- 5 RF 1/8 Turn right, stepping to right side (6.00)
- 6 LF Recover weight
- & RF Recover weight
- 7 LF Step to left side
- 8 RF Cross over LF
- & LF Step to left side
- 1 RF Cross behind LF, Sweeping LF front to back

Behind, Side, Cross Rock, Side Rock, Behind, Sweep R 1/8 Turn R, Sweep L, Coaster Step, Full Turn L

- 2 LF Cross behind RF
- & RF Step to right side
- 3 LF Cross over RF
- & RF Recover weight
- 4 LF Step to left side
- & RF Recover weight
- 5 LF Cross behind RF, RF Sweep 1/8 Turn R (7.30)
- 6 RF Step back, LF Sweep front to back
- 7 LF Step backwards
- & RF Step next to LF
- 8 LF Step forward
- & RF 1/2 Turn left, stepping backwards (1,30)

1 LF ½ Turn left, stepping forward (7,30)

Basic Diamond

2 RF Step forward (7,30)
& LF Step forward (7,30)
3 RF Step to right side (6,00)
4 LF Step backwards (4,30)
& RF Step backwards (4,30)
5 LF Step to left side (3,00)
6 RF Step forward (1,30)
& LF Step forward (1,30)
7 RF Step to right side (12,00)
8 LF Step backwards (10,30)
& RF Step backwards (10,30)

3/8 Turn L, Step fwd, Sweep, Cross, Full Turn L, Sweep, Behind, Side, Cross, ½ Turn L, Walk R, L

1 LF 3/8 Turn left, stepping forward, RF sweep (6,00)
2 RF Cross over LF
& Full Turn, weight stays on RF
3 LF Sweep front to back
4 LF Cross behind RF
& RF Step to right side
5 LF Cross over RF
6 RF ¼ Turn left, stepping backwards (3,00)
& LF ¼ Turn left, stepping to left side (12,00)
7 RF walk forward
8 LF walk forward

Slow Sweep, 1/8 Turn L, Step fwd, ½ Turn L, Step fwd, 5/8 Turn R, Cross, Slow Rock, Recover ¼ Turn L, Full Turn L

1 RF Sweep from back to front
2 RF 1/8 Turn left, stepping forward (10,30)
& LF ½ Turn left, stepping forward (4,30)
3 RF Step forward
4 LF 3/8 Turn right, stepping backwards (9,00)
& RF ¼ Turn right, stepping to right side (12,00)
5 LF Cross over RF
6 RF Step to right side
7 LF ¼ Turn left, recover weight (9,00)
8 RF ½ Turn left, stepping backwards (3,00)
& LF ½ Turn left, stepping forward (9,00)

1 – You will continue another ¼ turn left stepping to right side which will be your first step of the beginning, facing your new wall! (6,00)

Restart: In wall 5 after 15 counts, your weight will be on the left, You will make a cross rock with RF on 8, & recover weight on LF, Restart dance with stepping out on RF..!

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