

拍数: 32 墙数: 2 级数: Intermediate NC2S

编舞者: Simon Ward (AUS) - January 2014

音乐: All of Me - John Legend: (Album: Love In The Future, - iTunes)



### Intro: Dance begins approx 8 secs into song on vocals

[1-8&] R basic, L basic, R fwd diagonal, L fwd, ½ turn L, L back, Recover, ¼ R		
	1-2&	Large step right to right dragging left towards, Rock/step left behind right, Recover and slightly cross/step right over left (12.00)
	3-4&	Large step left to left dragging right towards, Rock/step right behind left, Recover and slightly cross/step left over right (12.00)
	5-6&	Step right forward to right diagonal (1.30) pulling right shoulder back to prep for styling, Step left forward, Turn a $\frac{1}{2}$ turn left stepping right back (7.30)
	7-8&	Rock/step left back, Recover onto right turning 1/8 turn right (9.00), Turn a further 1/4 turn right

Rock/step left back, Recover onto right turning 1/8 turn right (9.00), Turn a further 1/4 turn right stepping back on left (12.00)

## [9-16&] 1/4 R with R basic, Rock L, Recover, Cross L, 1/4 L, L back, R fwd, 1/2 R, R back sweep, L behind, R side

Side	
1-2&	Turn a further ¼ turn right & step right to right side (3.00), Rock/step left behind right,
	Recover and slightly cross/step right over left
3&4&	Rock/step left to left side, Recover weight onto right, Cross/step left over right, Step right to
	right turning ¼ turn left (12.00)
5-6&	Rock/step left back, Step right slightly forward, Turn a ½ turn right and step left back (6.00)

Step right back sweeping left back, Step left behind right, Step right to right turning 1/8 right 7-8&

(7.30)

# [17-24&] Lunge L, R back, L back ½ turn R, Complete turn & hitch, Cross L, ½ L, Cross R, Recover, 1 ¼ turn

1-2&	Lunge left fwd (7.30), Step right slightly back, Step left slightly back starting to make a ½ turn
	right (1.30)

Complete ½ turn right stepping onto right hitching left knee (1.30), Cross/step left over right to 3-4

5&6 Make a ¼ turn left stepping back on right (12.00), Make a further ¼ turn left stepping left to

left side (9.00), Cross/rock right over left 7&8& Recover weight back onto left, Make a ¼ turn right stepping right forward (12.00), Make a further ½ turn right stepping back on left (6.00), Turn a further ½ turn right stepping forward

on right (12.00)

### [25-32&] 1/2 R with sweep, R back, L back, Rock R, Recover L, Walk R,L, R fwd pivot 1/2 L, R fwd, 1/2 turn R

Make a further ½ turn right stepping back on left sweeping right back (6.00), Step right back 1-2 and directly behind left roll left shoulder back for styling

Step left back and directly behind right, roll right shoulder back for styling, Rock/step right 3-4&

back, Recover weight forward on left

5-6 Walk forward right, left

7&8& Step right forward, Pivot ½ turn left taking weight onto left, Step right forward, Step left

slightly forward making a ½ turn right

#### RESTART

Contact: bellychops@hotmail.com