

All I Can Say

COPPERKNOB
BYEPOSTERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS) & Rachael McEnaney (USA) - February 2014
音乐: Beautiful (feat. Pitbull) - Frankie J : (Album: Faith, Hope Y Amor)



Count In: 64 counts from start of track. Approx 130bpm

Notes: Thank you to DJ Louis St George for suggesting this track.

[1 - 8] R kick, R back, look back, R fwd rock, full turn R

1 2 3 4 Kick right forward (1), step back right (2), open body to right and look $\frac{1}{4}$ (or $\frac{1}{2}$) turn R (weight right) (3), recover weight left facing 12.00 (4) 12.00
5 6 7 8 Rock forward right (5), recover weight left (6), make $\frac{1}{2}$ turn right stepping forward right (7), make $\frac{1}{2}$ turn right stepping back left (8)

Easy option 7-8: make $\frac{1}{2}$ turn right stepping forward right (7), step forward left (8) – then you will do right shuffle forward for next 1& 2 of section 9-16 12.00

[9 - 16] $\frac{1}{2}$ turn R shuffle, L fwd rock, L back, hold, R coaster step

1 & 2 Make $\frac{1}{2}$ turn right stepping forward right (1), step left next to right (&), step forward right (2)
Easy option: Right shuffle forward 6.00
3 4 Rock forward left (3), recover weight right (4) 6.00
5 6 7 & 8 Take big step back left (5), hold (drag right towards left) (6), step back right (7), step left next to right (&), step forward right (8) 6.00

[17 - 24] L fwd, R point, R fwd, L point, L fwd, $\frac{1}{4}$ turn L pointing R to R side, R cross, L side

1 2 3 4 Step forward left (1), point right to right side (2), step forward right (3), point left to left side (4) 6.00
5 6 7 8 Step forward left (5), make $\frac{1}{4}$ turn left pointing right to right side (6), cross right over left (7), step left to left side (8) 3.00

[25 - 32] R behind, L sweep, L back, R sweep (or low kick/point), R back, dip, L fwd, R hitch

1 2 3 4 Cross right behind left (1), sweep left counter clockwise (2), step back left (3), sweep R clockwise or for more styling make more of a low kick or point to R side (4) 3.00
5 6 Step back right (5), turn upper body $\frac{1}{4}$ turn right as you bend both knees and dip (left toe will be touched forward) (6) 6.00
7 8 Step in place on left (squaring up to 3.00 wall) (7), hitch right knee (8) 3.00

[33 - 40] R cross, L side, R sailor step, L cross, R hitch, R cross, L hitch

1 2 3 & 4 Cross right over left (1), step left to left side (2), cross right behind left (3), step left next to right (&), step right to right side (4) 3.00
5 6 7 8 Cross left over right (5), hitch right knee (6), cross right over left (7), hitch left knee (8) (body should angle naturally to diagonals as you hitch) 3.00

[41 - 48] L cross, 2x $\frac{1}{4}$ turns L, R cross, L side, hold with R drag, $\frac{1}{4}$ sailor step R

1 2 3 4 Cross left over right (1), make $\frac{1}{4}$ turn left stepping back right (2), make $\frac{1}{4}$ turn left stepping left to left side (3), cross right over left (4) 9.00
5 6 Take big step to left side (5), hold (drag right towards left) (6), 9.00
7 & 8 Cross right behind left (7), make $\frac{1}{4}$ turn right stepping left next to right (&), step forward right (8) 12.00

[49 - 56] L fwd, $\frac{1}{2}$ turn L stepping back R, $\frac{1}{2}$ turn L shuffle fwd, R rocking chair

1 2 Step forward left (1), make $\frac{1}{2}$ turn left stepping back right (2), 6.00
3 & 4 Make $\frac{1}{2}$ turn left stepping forward left (3), step right next to left (&), step forward left (4)

Easy option 1-4: Walk forward left-right, left shuffle forward 12.00

5 6 7 8 Rock forward right (5), recover weight left (6), rock back right (7), recover weight left (8) 12.00

[57 - 64] Step R, ½ chase turn L, hold, full turn R, L shuffle

1 2 3 4 Step forward right (1), pivot ½ turn left (2), step forward right (3), hold (4) 6.00

5 6 Make ½ turn right stepping back left (5), make ½ turn right stepping forward right (6), Easy
option: walk forward left-right 6.00

7 & 8 Step forward left (7), step right next to left (&), step forward left (8) 6.00

START AGAIN – HAVE FUN

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in it's original format and include all contact details on this script.

2014 Rachael Louise McEnaney (rachaeldance@me.com) All rights reserved.

Contacts:-

Simon: bellychops@hotmail.com

Rachael: www.dancewithrachael.com - dancewithrachael@gmail.com
