

Everything At Once

COPPER KNOB
STEPSHEETS

拍数: 120 墙数: 2
编舞者: Janice Chin (MY) - May 2014
音乐: Everything at Once - Lenka

级数: Phrased Improver



Sequence : A B AA B TAG AA B

Dance starts after 16 counts (2x8's) at lyrics...

PART A (4x8)

Section A1 : Toe Struts, Heel Touches

1234 Touch R toe forward, Step RF in place, Touch L toe forward, Step LF in place
5678 Touch R heel forward, Step RF in place, Touch L heel forward, Step LF in place (12:00)

Section A2 : R Cross Shuffle, Lift LF, L Cross Shuffle, Touch RF

1234 Cross RF over LF, Step LF behind RF, Cross RF over LF, Lift LF out to left
5678 Cross LF over RF, Step RF behind LF, Cross LF over RF, Lift RF out to right (12:00)

Section A3 : Star Steps – Full Turn

12 Turn ¼ L with weight on LF & Touch RF to side (1), Hitch RF (2) (9:00)
34 Repeat Steps 1-2 (6:00)
56 Repeat Steps 1-2 (9:00)
78 Turn ¼ L with weight on RF & Touch RF to side, Hold (12:00)

Section A4 : Jazz Box

12 Cross RF over LF, Hold
34 Step LF back, Hold
56 Step RF to side, Hold
78 Step LF beside RF, Hold (12:00)

PART B (7x8)

Section B1 :

1234 Hitch right knee, Step RF down, Hitch left knee, Turn ¼ L with weight on RF (9:00)
5678 Step LF forward, Step RF together, Slap L hip with L hand, Slap R hip with R hand

Section B2

1234 Step RF to side, Hold, Step LF together, Hold
5678 Repeat Steps 1-4 (9:00)

Section B3 & B4

Repeat Section B1 & B2 (6:00)

Section B5 & B6

Repeat Section B1 & B2 (3:00)

Section B7

12 Step RF forward, Turn ¼ R & Step LF together (6:00)
3456 Hand Movement : Lift both hands above head (3), Lower hands to side until shoulder level
78 Move R hand in front of face, Move L hand in front of face

TAG (4x8)

Section 1 : Out Out In In – 2x

1234 Step RF diagonally forward, Step LF to side, Step RF back, Step LF together
5678 Repeat Steps 1-4 (12:00)

Section T2 : Rolling Vine to Right then Left

- 1234 Turn ¼ R & Step RF forward, Turn ½ R & Step LF back, Step ¼ R & Step RF to side, Touch LF to side
- 5678 Turn ¼ L & Step LF forward, Turn ½ L & Step RF back, Step ¼ L & Step LF to side, Touch RF beside LF (12:00)

Section T3 : Monterey ¼ Turn

- 12 Touch RF to side, Turn ¼ R with weight on LF & Step RF together (3:00)
- 34 Touch LF to side, Step LF together
- 56 Repeat Steps 1-2 (6:00)
- 78 Repeat Steps 3-4

Section T4 : Walk, Walk, Step, ½ Turn & Kick, Walk, Walk, Step , Touch

- 1234 Step RF forward, Step LF forward, Step RF forward, Turn 1/2L weight on RF & Kick LF forward
- 5678 Step LF forward, Step RF forward, Step LF forward, Touch RF beside LF (12:00)

ENDING – Last 8 counts (Section B7)

Turn left facing 12:00 instead of turn right

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