

# All Out & Stepped Up

COPPER KNOB  
STEPPED UP

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Helaine Norman (USA) - February 2016  
音樂: I Don't Like It, I Love It (feat. Robin Thicke & Verdine White) - Flo Rida



**No Tags Or Restarts!**

**Suggestions for alternative music are welcome!**

**"Shoop" by Salt n Pepper**

## **S1: Step Out Out, Step Touch (X2); Bunny Hops (In In) (X2)**

1-2            Step R forward right (wide with hip) (1-2)  
3-4            Step L forward left (wide with hip) (3-4);  
&5-6          Jump R back (&), touch L beside (5-6)  
&7-8          Jump L side (&), touch R beside (7-8)

## **S2: Step Heel Grind (x2); Syncopated Reverse Weave, Step, Brush**

&1-2          Step R (&), touch L heel forward (1) and fan left side (2)  
&3-4          Step L(&), touch R heel forward (3) and fan right side (4);  
**(Use momentum of fanning R to ronde behind L to begin 5&6.)**  
5&6          Step R behind L (5), step L side (&), step R across L (6)  
7-8          Step L side (7), brush R across L (8)

**Option for &1-2 and &3-4: Touch toes instead of touch heel**

**Option(s) for 7-8: kick, scuff or hitch**

## **S3: Crossing Triple, 1/4 Turn; Forward Triple, 1/2 Turn Pivot**

1&2            Crossing triple left side RLR (1&2)  
3-4            Step L side turning 1/4 right (3), step R forward (4);  
5&6            Forward tripple LRL (5&6)  
7-8            Step R behind L (7); turning 1/2 right keeping weight on R (8)

## **S4: 1/4 Turn Step Hold; 1/2 Turn Step Hold**

1-2-3-4        Step L side (1), step R turning 1/4 right (2), step L forward (3), hold (4);  
5-6-7-8        Step R forward (5), step L turning 1/2 left (6), step R forward (7), hold (8) (facing 6:00)

## **S5: Rock Recover Step Across, 1/2 Turn Step Hitch; Step Touch, Step Touch**

1&2            Rock L side (1), recover R (&), step L across R (2)  
3-4            Step R turning 1/4 right (3), hitch L turning 1/4 right keeping weight on R (4)↯;  
5-6-7-8        Step L side (5), touch R beside (6), step R side (7), touch L beside (8)

## **S6: Rock Recover Step Across, 1/2 Turn Step Hitch; Hip Bumps**

1&2            Repeat 1&2 in S5  
3-4            Repeat 3-4 in S5;  
5&6            Bump hip L side (5), bump hip R side (&), bump hip L side (6)  
7-8            Bump hip R side (7); Bump hip L side (8)

## **S7: 1/8 Turn Kick Ball Change, Rock Recover, Walk Back (x4)**

1-2            Kick R forward turning 1/8 right (1), step R (&), step L beside (2)  
3-4            Rock R forward (3), recover L (4);  
5-6-7-8        Walk back RLRL (5-6-7-8)

**Option for 5-6-7-8: Moonwalk (x4)**

## **S8: 1/8 Turn Bunny Hops (in arc) (x2), Walks (in arc) (x4);**

**Entire section is a wide, almost full circle ending at 6:00.**

&1-2            Jump R forward turning 1/8 right (&), touch L beside (1), hold (2)

&3-4            Jump L forward turning 1/8 right (&), touch R beside (3), hold (4);

5-6-7-8        Walk (in arc) RLRL (end facing 6:00)

**Option for 5-6-7-8: Walk with knee pops**

**Begin dance again.**

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