

# It's All In You

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Jessica Wegmann (CH) - July 2016  
音樂: All in You (feat. Anna Kova) - Synapson : (iTunes)



Intro : 16 counts, dance begins on vocal « I talk for a reason ».

**[1-8] □ Walks Fwd x2, Cross Scissor Step, Cross, ¼ turn L Step, Rolling vine**

1-2            Walk R forward, Walk L forward  
3&4           Cross R over, Step L to L side, Close R next to L  
5-6           Cross L over, Step R backward ¼ turn L  
7-8           ½ turn left stepping L, ½ turn left stepping R backward (9 o'clock)

**[9-16] □ Body Rolls Stepping Back x2, Coaster Step, Full Spiral Turn**

1-2            Touch L backward doing a body roll from up (head), Step L down finishing body roll down (hips)  
3-4            Touch R backward doing a body roll from up (head), Step R down finishing body roll down (hips)  
5-6            Step L backward, Close R next to L  
7-8            Step L forward, Full Spiral Turn

**[17-24] □ Crossing Shuffle Making a ½ turn R, Double Hitch x2, ½ turn L Hitch R, Down**

1&2           Cross R over, Step L to left side, Cross R over (making a ½ turn L to face 6 o'clock)  
3&4           Hitch L up, side slightly up, touch  
5&6           Hitch L up, side slightly up, down  
7-8           ½ turn left Hitching R up down

**[25-32] □ Behind, ¼ turn R, Step , ½ Pivot turn R, Dorothy Steps x2, Out**

1-2            Step L behind R, ¼ turn R stepping R forward  
3-4            Step L forward, ½ pivot R stepping R forward  
5&6            Step L forward slightly diagonal left, Lock R behind, Step L to L Side  
&7&8          Step R forward slightly diagonal right, Lock L behind, Step R out to R side, Step L out to L side.

Restart on wall 3 facing 9 o'clock, the original 9 o'clock wall now becomes your new home wall.

**[33-40] □ Pop Knees, ¼ turn R twist, Heels down, Pop Knees, ½ turn L, Heels down, Kick, ¼ turn R Monterey**

1&2            Pop knees lifting heels up, Twist them ¼ turn R, Heels down (turn head to the R).  
3&4            Pop knees lifting heels up, Twist them ½ turn L, Heels down weight on R (6 o'clock)  
5-6            Kick L, Step L down  
7-8            Touch R to R side, ¼ turn R Closing R next to L

**[41-48] □ ¼ turn L Monterey Hook L, Step L, Lock R, Full turn, Sweeps x2, Step, Hitch**

1-2            Touch L to L side, ¼ turn L Hooking L over R  
&3-4          Step L forward, Lock R behind, full turn (6 o'clock)  
5-6            Sweep R from back to front stepping L forward, Sweep L from Back to front stepping R forward  
7-8            Step L forward, Hitch R knee up

Enjoy! □

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