

My All

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lam Lam (HK) - August 2016
音樂: My All - Mariah Carey : (3:50)



Intro : Start on lyrics on the word "of" ...I am thinking "of" you

Restart : Restart the dance on Wall 1, 3 & 5 after 24 counts, make 1/2 turn leftstep R back to start a new wall facing 9:00, 3:00, & 9:00 respectively. (Note : count 25 is your count 1 on every Restart, 1/2 turn L step R back)

Ending: The dance ends on wall 7 after 16 counts, change the last 4 counts to

5 6& Cross Rock R over L(5), Recover on L(6), 1/4R step R fwd(&)
7 8 Step L fwd and make spiral full turn R(7), Step R fwd sweeping L to Front

S1: Back, 1/2 Turn, Paddle 1/4 Cross, 5/8R Lunge L Fwd Recover Back 1/2R Lunge, Recover Back

1 Step R back, drag L towards R (1)12:00
2&3& 1/2 L Step L fwd (2), Step R fwd (&), pivot 1/4L(3), Cross R over L(&)3:00
4&5 1/4R Step L back(4), 3/8R Step R fwd(&), Lunging L fwd and extend your R arm fwd (5)10:30
6&7 Recover back R(6), Step back L(&), Turn 1/2R lunging R fwd and extend Your L arm fwd(7)4:30
8& Recover back L(8), Step back R(&)4:30

S2: 1/2L with sweep, 1/8L Cross Side BackRock, 1/2L Cross Rock Recover Together, Pivot Full Turn R

1 1/2L Step L fwd sweeping R from back to front(1) 10:30
2&3& 1/8L Cross R over L(2), Step L to L side(&), Rock back on R(3), Recover on L(&)9:00
4& 1/4L Step R back(4), 1/4L Step L to L side(&) 3:00
5 6& Cross Rock R over L(5), Recover back L(6), Step R together(&) 3:00
7 8& Step L fwd(7), pivot 1/2R (8), 1/2R Step L back(&) 3:00

S3: 1/4R, Sway LRL, Weave, Sailor 1/4R, Pivot 1/2L

1 Make 1/4 turn R, step R to R side (1) 6:00
2&3 Step L to L side swaying upper body L R L (2&3) 6:00
4&5 Cross R over L(4), Step L to side(&), Step R behind L sweeping L (5)6:00
6&7 Cross L behind R(6), 1/4R StepR fwd(&), Step L fwd(7) 9:00
8& Step R fwd(8), pivot 1/2L (&) 3:00

S4: 1/2L, Walk back on LR, 1/2L Fwd Rock Recover 1/4L, Cross 3/4R, Pivot Full Turn R

1 1/2L Step R back (1) 9:00
2& Walk Back On L R (2&)9:00
3& 1/2L Rock fwd on L (3), Recover back R(&) 3:00
4&5 1/4L Step L to side(4), Cross R over L(&), 1/4R Step L back (5) 3:00
6&7 8 1/2R Step R fwd(6), Step L fwd (&), 1/2R Step R fwd(7), 1/2R Step L back(8) 9:00

Contact: zoom2607@yahoo.com.hk