

All Over

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Yvonne Anderson (SCO) - January 2018
音樂: It's All Over Now (feat. Shannon Noll) - Adam Harvey : (Album: From Both Sides Now)



Notes: 16 count intro, (start on vocal),
One Restart during wall 6, following count 16

[1-8] R & L TOE-HEEL-CROSS, ROCK BACK-RECOVER-STEP, FORWARD LEFT-LOCK-LEFT

1&2 Touch R toes to left instep, (&) Touch R heel to left instep, Step R forward and across left [12]
3&4 Touch L toes to right instep, (&) Touch L heel to right instep, Step L forward and across right [12]
5&6 Rock R back, (&) Recover weight on L, Step R forward [12]
7&8 Step L forward, (&) Lock R behind left, Step L forward [12]

[9-16] MAMBO 1/4 TURN RIGHT, BEHIND-SIDE-CROSS, SIDE-TOGETHER-SIDE-TOGETHER, 1/4 RIGHT WALK FORWARD R AND L

1&2 Rock R forward, (&) Recover weight on L, Make 1/4 turn right stepping R to right [3]
3&4 Step L behind right, (&) Step R to right, Step L across right [3]
5&6/7 Step R to right L, (&) Step L beside right, Step R to right, (&) Step L beside right [3]
7-8 Make 1/4 turn right and walk forward R, L [6]

RESTART - during wall 6 dance up to count 16 then Restart facing 9 o'clock

[17-24] CROSS, BACK, SIDE SHUFFLE, CROSS, BACK, SIDE-TOGETHER-SIDE-TOGETHER

1-2 Step R across left, Step L back [6]
3&4 Step R to right, (&) Step L beside right, Step R to right [6]
5-6 Step L across right, Step R back [6]
7&8& Step L to left, (&) Step R beside left, Step L to left, (&) Step R beside left [6]

[25-32] STEP 1/4 TURN LEFT, STEP 1/2 L, SHUFFLE, TWO STEP FULL TURN, SHUFFLE

1 Make 1/4 turn left stepping L forward [3]
2& Step R forward, (&) Make 1/2 turn left taking weight on L [9]
3&4 Shuffle forward stepping R, L, R [9]
5-6 Make 1/2 turn right stepping L back, Make 1/2 turn right stepping R forward [9]
7&8 Shuffle forward stepping L,R,L [9]

REPEAT

Last Update - 11th Jan. 2018