

Everything You Are

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate NC
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音樂: Everything I Need (Film Version) - Skylar Grey : (Single)



Intro: Start after 16 Counts

When Using the Film Version start right after the Heavy Beat 1&2& then start with 1
Ending is after count 16 (make the Prissy walks to the front wall)

[1 – 8] Step fwd, Cross, Back , ¼ R Step Side, Behind, ¼ R Step Fwd, Cross Rock, Recover, And Cross ¼ R , Side

1 Step L fwd
2 & 3 Step R across L, Step L back , ¼ Turn R step R to R side (03.00)
4 & 5 Step L behind R, ¼ Turn R step R fwd , Cross Rock L fwd (06.00)
6 & 7 Recover on R, Step L next to R, Step R across L
8 & ¼ Turn R Step L back , Step R to R side **R**, (09.00)

[9-16] Fwd, 1 ¼ Turn L, Rock Back, Recover, Hip Sways, Side, Behind , 1/8 L step Fwd

1 Step L fwd
2 & 3 ½ Turn L step R back, ½ Turn L step L fwd, ¼ Turn L step R to R side (06.00)
4 & Rock L back, Recover on R
5 – 6 Step L to L side and push hip L, and R
7 Step L to L side ***R**
8 & Step R behind L, Step L 1/8 Turn L (05.00)

[17-24] Prissy Walks , Mambo Step, Sweep Sailot Step 3/8 Turn R, Cross, Side

1 – 3 Step R across L, Step L across R, Step R across L
4 & 5 Rock L fwd, Recover on R, Step L big step back
6 & 7 Sweep R behind left with 3/8 Turn R , Step L next to R , Step R fwd (09.00)
8 & Sweep L fwd and step across R. Step R to R side

[25-32] Behind with Sweep, Behind , Side, Fwd. Runs Fwd, Step Fwd, Pivot ½ R, Step Fwd, Spiral Turn L

1 Step L Behind R and sweep R back
2 & 3 Step R behind L, Step L to L side, Step R fwd
4 & Run fwd with L,R
5 – 7 Step L fwd, Pivot ½ Turn R, Step L fwd (03,00)
8 & Step R fwd, Spiral Turn L (Easier Option (Step fwd, Hold)

Restarts :

During Wall 2 : After count 15 Add these steps: (facing the 9 o'clock wall)

Step R next to L and start again with count 1

During: Wall 4 after count 8& Start again with count 1

Ending: Last wall starts on the 9 o'clock wall

Dance up to count 8 & Then step fwd on L(1) , Cross R over L and make slowly ½ Turn L to face the front Wall (2 – 4)

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