

All Or Nothing

拍數: 32 牆數: 4 級數: Improver
編舞者: mBah Wir (INA) - May 2019
音樂: All or Nothing - Oskar & Julia



*1 Tag – 1 Restart

S1: LINDY RIGHT, KICK BALL CROSS, SIDE ROCK, RECOVER

1&2 Step R to side (1), Step L next to R (&), Step R to side (2)
3-4 Rock L back (3), Recover on R (4)
5&6 Kick L forward (5), Step on ball of L next to R (&), Cross R over L (6)
7-8 Rock L to side (7), Recover on R (8)

S2: CROSS BEHIND, SIDE, CROSS OVER, RIGHT CHASSE, BACK ROCK, RECOVER

1-3 Cross L behind R (1), Step R to side (2), Cross L over R (3)
4&5 Step R to side (4), Step L next to R (&), Step R to side (5)
6-8 Rock L back (6), Recover on R (7), Step L to side (8)

* Restart here on wall 8

S3: BACK ROCK, RECOVER, ¼ TURN FORWARD LOCK SHUFFLE, ½ TURN BACK LOCK SHUFFLE, BACK ROCK, RECOVER

1-2 Rock R back (1), Recover on L (2)
3&4 Make ¼ turn R step R forward (3), Lock L behind R (&), Step R forward (4)
5&6 Make ¼ turn R step L back (5), Cross R over L (&), Step L back (6)
7-8 Rock R back (7), Recover on L (8)

S4: (KICK BALL STEP)X2, ROCKING CHAIR

1&2 Kick R forward (1), Step on ball of R next to L (&), Step L forward (2)
3&4 Kick R forward (1), Step on ball of R next to L (&), Step L forward (2)
5-8 Rock R forward (5), Recover on L (6), Rock R back (7), Recover on L (8)

Begin again & Have Fun !

Tag at the end off 3rd wall

TAG (4 Count)

1-4 Step R forward (1), Pivot ¼ turn L (2), Step R forward (3), Pivot ¼ turn L (4)

* Restart during 8th wall after 16 count dance facing 12.00

For more information about this dance please contact me at: gieprod@yahoo.com