

All The Time

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Nicole LeBrun (CAN) - September 2019
音樂: All the Time - Zara Larsson : (iTunes)



Begin dance after 16 counts

(Sec.1) Walk fwd (4X) leading with RF, Rock fwd & cross, step lock step (going back) (1-8)

1-2-3-4 Walk forward RF (1),LF (2),RF (3), LF (4) (12:00)
5&6 Rock RF fwd (5), step LF back (&), cross RF over left (6)
7&8 Step LF back (7), Cross RF over LF (&), step LF back (8)

**** Restart here on wall 10 facing 6:00****

(Sec.2) Dip, kick R, ¼ right sailor step, rock LF fwd, recover, step lock step (going back) (9-16)

1-2 Dip (1), rise back up and kick RF fwd (2)
3&4 Cross RF behind LF making a ¼ turn R(3), stepping LF to left(&), step RF fwd(4) (3:00)
5-6 Rock LF fwd (5), recover on RF (6)
7&8 Step LF back (7), Cross RF over LF (&), step LF back (8)

****Restart here on wall 4, add 1/4 right to your first count walk to face 12:00 ****

(Sec.3) R full turn (on 2 counts), long step back, hook, rock fwd & back & fwd, touch (17-24)

1-2 Make ½ turn R step RF fwd (1) (9:00), make ½ turn R step LF fwd (2) (3:00)
3,4 Long step RF back (3), hook LF in front of RF (4)
5,6,7,8 Rock LF fwd (5), rock RF back (6), rock LF fwd (7), touch RF next to LF (8)

(Sec.4) Rock R, recover, cross shuffle, rock L, recover, behind, turn 1/4, step fwd (25-32)

1-2 Rock RF to right (1), recover on LF (2),
3&4 Cross RF over LF (3), step LF to left (&), cross RF over LF (4)
5-6 Rock LF to left (5), recover on RF (6)
7&8 Step LF behind RF, (7) step RF ¼ turn to right (&), step LF fwd (8) (6:00)

Start over

#2 Restarts:

*1st Restart: on wall 4 after 16 count (section 1 and 2), you'll be facing 9:00, for your Restart, add 1/4 right to your first count walk to face 12:00.

**2nd Restart: on wall 10, facing 6:00, do 8 counts (section 1), and Restart.

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