

All The Girls

拍數: 64 牆數: 2 級數: Intermediate
編舞者: F4bulous Four, Jo Kinser (UK), Ivonne Verhagen (NL), Rhoda Lai (CAN) & Heather Barton (SCO) - May 2021
音樂: This One's for the Girls - Martina McBride : (iTunes)



Intro: 32 Counts.

[1-8] WALK FWD R,L, SHUFFLE FWD, ROCK STEP, COASTER STEP

1-2 RF step fwd 1), LF step fwd 2)
3&4 RF step fwd 3), LF step next to RF &), RF step fwd 4)
5,6 LF rock fwd &), Recover on RF 6)
7&8 LF step back 7), RF step next to LF &), LF step fwd 8)

[9-16] STEP 1/2 TURN L, TRIPLE 1/2 TURN L, ROCK BACK, SHUFFLE FWD

1,2 RF step fwd 1), 1/2 turn L (6:00) 2)
3&4 1/4 turn L stepping RF to R (3:00) 3), LF step next to RF &), 1/4 turn L stepping RF back (12:00) 4)
5,6 LF rock back 5), Recover on RF 6)
7&8 LF step fwd 7), RF step next to LF &), LF step fwd 8)

RESTART HERE WALL 4 (6:00).

[17-24] 1/4 TURN L & STOMP R, HOLD, SAILOR 1/4 TURN L, 1/4 TURN L & CHASSE R, BACK ROCK

1-2 1/4 turn L and RF step R 1), Hold 2) (9:00)
3&4 1/4 turn L and LF step beside RF 3), RF step R &), LF step fwd 4) (6:00)
&5&6 1/4 turn L and RF step R 5), LF step next to RF &), RF step R 6) (3:00)
7-8 LF rock back 7), Recover on RF 8) (1:30)

[25-32] KICK BALL FWD x2, SIDE ROCK STEP, WEAVE

1&2 LF kick diagonal fwd L 1), LF step next to RF &), RF step fwd 2) (1:30)
3&4 LF kick diagonal fwd L 3), LF step next to RF &), RF step fwd 4)
5-6 LF rock L 5), Recover to RF 6) (3:00)
7&8 LF cross step behind RF 7), RF step R &), LF cross over RF 8)

[33-40] BOUNCE x2 1/2 UNWIND, COASTER STEP, CROSS ROCK, SIDE, POINT

1-2 Bounce both heels 1/2 turn over R shoulder (9:00)
3&4 RF step back 3), LF step next to RF &), RF step fwd 4)
5-6 LF cross rock over RF 5), Recover on RF 6)
7-8 LF step L 7), Point right toe to R (slightly angle body to (6:00) 8)

[41-48] 3/4 TURN R, SHUFFLE 1/2 TURN, ROCK STEP, BACK, DRAG

1-2 1/4 turn R & RF step fwd 1), 1/2 turn R and LF step back 2) (6:00)
3&4 1/4 turn and RF step R 3), LF step next to RF &), 1/4 turn R and RF step fwd 4) (12:00)
5-6 LF rock fwd 5), Recover on RF 6)
7-8 LF step back 7), RF heel drag towards LF 8)

[49-56] ROCK BACK, SHUFFLE 1/4 L, UNWIND 3/4 L, 1/4 L SIDE ROCK STEP

1-2 RF rock back 1), Recover on LF 2)
3&4 1/4 turn L and RF step R 3), LF step next to RF &), RF step R 4) (9:00)
5-6 Tuck LF behind RF 5), Unwind 3/4 L turn weight on LF 6) (12:00)
7-8 Continue 1/4 L turn and Rock RF side R 7), Recover on LF 8) (9:00)

[57-64] CROSS SIDE BEHIND, 1/4 L, JAZZ BOX

1-4 RF cross over LF 1), LF step L 2), RF step behind LF 3), 1/4 turn L and LF step fwd 4) (6:00)
5-8 RF cross over LF 5), LF step back 6), RF step R 7), LF step slightly fwd 8)

RESTART DURING WALL 4 (6:00) AFTER 16 COUNTS.

• Heather Barton (UK) - hcbootleggers26@aol.com • Jo Kinser (UK) - Jokinser@me.com
• Ivonne Verhagen (NL) - ivonne.verhagen70@gmail.com • Rhoda Lai (CA) - rhoda_eddie@yahoo.ca
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