

All My Life

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
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音樂: All My Life - Sam Outlaw



Intro 16 counts and final 15 counts

INTRODUCTION: (do it after 48 counts from the beginning of the song)

Seq.1: L STEP DIAGONAL BACK, SLIDE, HOLD X2, STEP R SIDE, L SLIDE, HOLD X2

1 - 2 Step L diagonal left back, Slide R beside L
3 - 4 Hold x 2
5 - 6 Step R to right side, Slide L beside R
7 - 8 Hold x 2

Seq.2: L STEP DIAGONAL FORWARD, SLIDE, HOLD X2, ROCKING CHAIR

1 - 2 Step L diagonal left forward, Slide R beside L
3 - 4 Hold x 2
5 - 6 Rock R forward, Recover on L
7 - 8 Rock R back, Recover on L

THE DANCE:

Seq. 1: STEP R FWD, L STOMP TOGETHER, STEP R BACK, L STOMP TOGETHER, STEP LOCK STEP FWD, L STOMP UP

1 - 2 Step R forward, stomp L beside R
3 - 4 Step R back, stomp L beside R
5-6-7 Step R forward, cross L behind R, Step R forward
8 Stomp up L beside R

Seq. 2: L HEEL TOUCH FWD, L HOOK, L POINT, L HOOK BACK, L ROCK SIDE, L 1/2 TURN, STOMP UP

1 - 2 Touch L heel forward, hook L over R
3 - 4 Point L to left, hook L behind R
5-6-7 Rock L side, recover on R, 1/2 turn left (weight on L)
8 Stomp up R beside L

Seq.3: ROCK R SIDE, 1/2 TURN R, L STOMP UP, L ROCK SIDE, 1/2 TURN L, SCUFF

1 - 2 Rock R side, recover on L
3 - 4 1/2 turn right, stomp up L beside R
5 - 6 Rock L side, recover on R
7 - 8 1/2 turn left, scuff R beside L

Seq. 4: (Jumping) L JAZZ BOX THREE, (Jumping) JAZZ BOX THREE, STOMP UP, STOMP FWD

1 - 2 Cross R over L and Hook L, Step L back and kick R forward
3 - 4 Step R side and kick L forward, Cross L over R and Hook R
5 - 6 Step R back and Kick L forward, Step L side and Kick R forward
7 - 8 Stomp up R beside L, Stomp R forward

Seq. 5: SWIVEL HEEL, RETURN, BRUSH, STOMP, SWIVEL HEEL, RETURN, TOUCH HEEL FWD, HOOK

1 - 2 Swivel R heel to right, Return in place
3 - 4 Brush R to right, Stomp R forward
5 - 6 Swivel R heel to right, return in place
7 - 8 Touch R heel forward, Hook R over L

Seq. 6: STEP LOCK STEP FWD, L STOMP UP, L ROCK BACK, L STOMP UP X2

- 1-2-3 Step R forward, cross L behind R, Step R forward
- 4 Stomp up L beside R
- 5 - 6 Rock L back and touch R heel forward, recover on R
- 7 - 8 Stomp up L beside R, Stomp up L beside R

Seq. 7: L STEP FWD, PIVOT, 1/2 TURN, HOLD, POINT, STEP BACK, L POINT, L STEP BACK

- 1 - 2 Step L forward, 1/2 turn right (weight on R)
- 3 - 4 1/2 turn right in place (weight on L), Hold
- 5 - 6 Point R to right side, Step R back
- 7 - 8 Point L to left side, Step L back

Seq. 8: TOE STRUT BACK, L TOE STRUT BACK, SLOW COASTER STEP, L STOMP

- 1 - 2 Step back on R toe, Drop R heel taking weight
- 3 - 4 Step back on L toe, Drop L heel taking weight
- 5 - 6 Step R back, step L beside R
- 7 - 8 Step R forward, Stomp L beside R

FINAL: (do it after 6th repetition)

Seq. 1: POINT, STEP BACK, L POINT, L STEP BACK, TOE STRUT BACK, L TOE STRUT BACK

- 1 - 2 Point R to right side, Step R back
- 3 - 4 Point L to left side, Step L back
- 5 - 6 Step back on R toe, Drop R heel taking weight
- 7 - 8 Step back on L toe, Drop L heel taking weight

Seq.2: SLOW COASTER STEP, L STOMP UP, L STOMP FWD, STOMP UP, STOMP FORWARD

- 1 - 2 Step R back, step L beside R
- 3 - 4 Step R forward, Stomp up L beside R
- 5-6-7 Stomp L forward, Stomp up R beside L, Stomp R forward

At a certain point the music goes slower. Please follow the rhythm with the same steps so to have the best execution.
