

All On Me

拍數: 64 牆數: 0 級數: Improver
編舞者: Julie Lockton (ES) & Sebastiaan Holtland (NL) - April 2022
音樂: She Hates Love - Ed Napoli



Count in: 8 counts - No tags or restarts

SIDE TOGETHER, CROSS SHUFFLE, SIDE TOGETHER, CROSS SHUFFLE

1-2-3&4 Step R to R side, step L beside R, cross R over L, step L to L side, cross R over L
5-6-7&8 Step L to L side, step R beside L, cross L over R, step R to R side, cross L over R

SIDE TOGETHER, SHUFFLE ¼ TURN, PIVOT ½ TURN, FWD SHUFFLE

1-2-3&4 Step R to R side, step L beside R, step R to R side making ¼ turn to 03:00, step L beside R,
step fwd on R (03:00)
5-6-7&8 Step fwd on L, pivot ½ turn to 09:00, step fwd on L, step R beside L, step fwd on L (09:00)

STEP ¼, HOLD, STEP ¾, HOLD, ROCK RECOVER, COASTER STEP

1-2-3-4 Step fwd on R making ¼ turn to 06:00, hold, pushing L shoulder back step back on L making
¾ turn to 09:00, hold
5-6-7&8 Rock fwd on R, recover on L, step back on R, step L beside R, step fwd on R

STEP FWD, POINT BACK, ½ TURN, STEP, MONTERY ½ TURN

1-2-3-4 Step fwd on L, point R toes back, turn ½ taking weight onto R (03:00), step fwd on L
5-6-7-8 Point R to R side, ½ turn on spot bringing feet together, point L to L side, bring feet together
(09:00)

RIGHT SAILOR STEP, LEFT SAILOR STEP, CROSS & FULL UNWIND, SIDE ROCK RECOVER

1&2-3&4 Step R behind L, step L to L side, step R to R side, step L behind R, step R to R side, step L
to L side (09:00)
5-6-7-8 Cross R firmly behind L, full unwind back to 09:00, rock L to L side, recover onto R

BEHIND SIDE, CROSS SHUFFLE, SIDE TOGETHER, FWD SHUFFLE

1-2-3&4 Step L behind R, step R to R side, cross L over R, step R to R side, cross L over R
5-6-7&8 Step R to R side, step L beside R, step fwd on R, step L beside R, step fwd on R

ROCK RECOVER, SHUFFLE BACK, ROCK BACK RECOVER, FWD SHUFFLE

1-2-3&4 Rock fwd on L, recover on R, step back on L, step R beside L, step back on L
5-6-7&8 Rock back on R, recover onto L, step fwd on R, step L beside R, step fwd on R

HEEL, HOLD, HEEL HOLD, HEEL SWITCHES, CLAP, CLAP

1-2&3-4 Place L Heel fwd (1) hold (2), step back on L (&), place R heel fwd (3), hold (4)
&5&6 Step back on R (&), place L heel fwd (5), step back on L (&), place R heel fwd (6)
&7-8 Step back on R (&), place L heel fwd (7), step back onto L taking all weight (8) with double
clap

End of dance