All 4 Nothing

拍數: 64

級數: Intermediate

編舞者: Hiroko Carlsson (AUS) - August 2022

音樂: All 4 Nothing (I'm So In Love) - Lauv

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Intro: 32 count)

[S1] Side Shuffle x3 (Roll to the side), Back Rock

- 1&2 Side shuffle to the right on R-L-R
- 3&4 Make a 1/2 turn left side shuffle to the left on L-R-L (6:00)
- 5&6 Make a 1/2 turn left side shuffle to the right on R-L-R (12:00)
- 7 8 Rock back on L, Replace weight on R

[S2] 1/2R Shuffle Back, Back Rock w/ Knee Pop, Rocking Chair

- 1&2 Making a 1/2 turn right shuffle back on L-R-L (6:00)
- 3 4 Rock back on R (popping L knee), Replace weight on L
- 5 6 7 8 Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L

[S3] Monterey 1/4R into Fwd Rock-Touch, Monterey 1/2L Turn

- 1 2 Point R to the right, Make a 1/4 turn right stepping L beside R (9:00)
- 3&4 Rock forward on L, Replace weight on R, Touch L together
- 5 6 Point L to the left, Make a 1/2 turn left stepping R next to L (3:00)
- 7 8 Point R to the right, Touch R together

[S4] Fwd Rock, Back-Lock-Back, Back-Lock-Back, Back, Together

- 1 2 Rock forward on R, Replace weight on L
- 3&4 Step back on R, Lock/step L over R, Step back on R
- 5&6 Step back on L, Lock/step R over L, Step back on L
- 7&8 Step back on R, Step L together**

[S5] 2x Paddle Turn 1/4L, Cross Rock, Side w/ Drag-&

- 1 2 Step forward on R, Make a 1/4 turn left recover weight on L (12:00)
- 3 4 Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
- 5 6 Rock/across R over L, Replace weight on L
- 7 8& Big step R to the side, Dragging L close to R, Step L in place

[S6] Weave L, Cross Rock, 1/4R, 1/4R

- 1 2 3 4 Cross R over L, Step L to the side, Step R behind L, Step L to the side
- 5 6 Rock/across R over L, Replace weight on L
- 7 8 Making a 1/4 turn right stepping forward on R, Making a 1/4 turn right stepping L to the side (3:00)

[S7] Behind, Side, Cross Rock, Scissor-Cross, Scissor-Cross

- 1 2 3 4 Step R behind L, Step L to the side, Rock/across R over L, Replace weight on L
- 5&6 Step R to the side, Step L close to R, Cross R over L
- 7&8 Step L to the side, Step R close to L, Cross L over R

[S8] Side, Touch, Side, Touch-1/2R, Side, Touch, Side, Scoop (to the right)

- 1 2 Step R to the side, Touch L next to R
- 3 4& Step L to the side, Touch R next to L, Make a sharp 1/2 right turn on ball of L foot (9:00)
- 5 6 Step R to the side, Touch L next to R





牆

牆數:4

Restart on Wall 5 count 32** (3:00) The dance finishes at 12:00 o'clock.

(updated: 4/Jul/22)