

Everything at Once

拍數: 56 牆數: 2 級數: Improver
編舞者: Iris Wolff (DE) - March 2023
音樂: Everything at Once (feat. Jeff Tweedy) - Rodney Crowell & Jeff Tweedy



Start the dance after 32 counts on lyrics.

S1: POINT, STEP FWD, POINT, STEP FWD, ROCK STEP, BACK, KICK

1-2 RF point to right side, RF forward
3-4 LF point to left side, LF forward
5-8 RF forward, weight back on LF, RF back, kick LF forward

S2: SIDE, TOUCH, SIDE ROCK, LONG STEP TO R SIDE, CROSS LF BEHIND, ½ L UNWIND

1-2 LF to left side, touch RF next to LF
3-4 RF to right side, weight back on LF
5-6 RF big step to right side, slide LF next to right
7-8 Cross LF behind RF, turn ½ left on both balls (weight left, 6:00)

S3: POINT, STEP FWD, POINT, STEP FWD, ROCK STEP, BACK, KICK

1-2 RF point to right side, RF forward
3-4 LF point to left side, LF forward (*2nd Restart, wall 6)
5-8 RF forward, weight back on LF, RF back, kick LF forward

S4: SIDE, TOUCH, SIDE ROCK, LONG STEP TO R SIDE, CROSS LF BEHIND, ½ L UNWIND

1-2 LF to left side, touch RF next to LF
3-4 RF to right side, weight back on LF
5-6 RF big step to right side, slide LF next to right
7-8 Cross LF behind RF, turn ½ left on both balls (weight left, 12:00)

S5: SIDE, BEHIND, SIDE ROCK, CROSS, STEP ¼ TURN R BACK, BACK ROCK

1-4 RF to right side, cross LF behind RF, RF to right side, weight back on LF (*1st Restart, wall 4)
5-6 Cross RF over LF, turn LF ¼ to right back (3:00)
7-8 RF back, weight back on LF

S6: WEAVE, CROSS ROCK, ¼ TURN SHUFFLE R

1-4 Cross RF over LF, LF to left side, cross RF behind LF, LF to left side
5-6 Cross RF over LF, weight back on LF
7&8 Turn RF ¼ to right, LF next to RF, step RF forward (6:00)

S7: WALK, WALK, SHUFFLE, HEEL SWITCHES, LF STOMP TOGETHER

1-2 LF forward, RF forward
3&4 LF forward, RF next to LF, LF forward
5& Touch right heel forward, RF next to LF
6& Touch left heel forward, LF next to RF
7&8 Touch right heel forward, RF next to LF, LF stomp together

* 1st Restart in wall 4 after 36 counts (6:00) cancel here and start from the beginning.
* 2nd Restart in wall 6 after 20 counts (6:00) cancel here and start from the beginning.

TAG: After wall 7 (12:00) dancing as follows:
ROCKING CHAIR

1-4 RF forward, weight back on LF, RF back, weight back on LF

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Last Update: 3 Apr 2023
