

All To Yourself

COPPERKNOB
STYLESHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Diana Oglesby (USA) - July 2023
音樂: All to Yourself - Raquel Cole



Intro: 16 Counts, start with weight on L
No Tags, No Restarts

S1 (1-8) ROCK R SIDE, RECOVER, R FWD ANCHOR STEP, ROCK L FWD, RECOVER, L BACK COASTER

1-2-3&4 Rock R side (1), recover to L (2), step R forward (3), shift weight back to L (&), shift weight forward to R (4)

5-6-7&8 Rock L forward (5), recover to R (6), step L back (7), step R back (&), step L forward (8)

S2 (9-16) ROCK R OVER, RECOVER, TRIPLE STEP, ROCK L OVER, RECOVER, TRIPLE STEP

1-2-3&4 Rock R over (1), recover to L (2), triple in place R-L-R (3&4)

5-6-7&8 Rock L over (5), recover to R (6), triple in place L-R-L (7&8)

S3 (17-24) R HEEL GRIND and TURN ¼ R, R BACK COASTER, L FWD, TURN ¼ R and STEP R SIDE, L CROSSING SHUFFLE

1-2-3&4 R heel grind and turn ¼ R (1-2), step R back (3), step L back (&), step R forward (4)

5-6-7&8 Step L forward (5), turn ¼ R and step R side (6), cross L over (7), step R together (&), cross L over (8)

S4 (25-32) ROCK R SIDE, RECOVER, R CROSSING SHUFFLE, ROCK L SIDE, RECOVER, CROSS L BEHIND, R TOGETHER, CROSS L OVER

1-2-3&4 Rock R side (1), recover to L (2), cross R over (3), step L together (&), cross R over (4)

5-6-7&8 Rock L side (5), recover to R (6) cross L behind (7), step R together (&), cross L over (8)

REPEAT

Contact: d2linedance@gmail.com