

All Over Me (P)

拍數: 48 牆數: 0 級數: Improver - Partner
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音樂: All Over Me - Wynn Williams



Intro: 48 counts, Promenade position facing LOD.

[1-8] M : SHUFFLE FWD, 1/4 TURN R and CHASSÉ to L, SHUFFLE in 3/4 TURN L, SHUFFLE in 1/2 TURN L

[1-8] L : SHUFFLE FWD, 1/4 TURN L and CHASSÉ to R, SHUFFLE in 3/4 TURN R, SHUFFLE in 1/2 TURN R

1&2 M : Shuffle forward with RLR

 L : Shuffle forward with LRL

3&4 M : 1/4 turn to right and chassé to left with LRL

 L : 1/4 turn to left and chassé to right with RLR ILOD

*** On count 4, touch palms to palms.

5&6 M : Shuffle in 3/4 turn to left with RLR RLOD

 L : Shuffle in 3/4 turn to right with LRL RLOD

7&8 M : Shuffle in 1/2 turn to left with LRL LOD

 L : Shuffle in 1/2 turn to right with RLR LOD

[9-16] M : STEP FWD, TOUCH, KICK-BALL-STEP, STEP FWD, PIVOT 1/2 TURN R, STEP-LOCK-STEP

[9-16] L : STEP FWD, TOUCH, KICK-BALL-STEP, STEP FWD, PIVOT 1/2 TURN L, STEP-LOCK-STEP

1-2 M : Step R forward, touch L together R

 L : Step L forward, touch R together L

3&4 M : Kick forward with L, step L together R, step R forward

 L : Kick forward with R, step R together L, step L forward

5-6 M : Step L forward, pivot 1/2 turn to right RLOD

 L : Step R forward, pivot 1/2 turn to left RLOD

*** On count 6, let go the hands and take the inside hands.

7&8 M : Step L forward, lock step R behind L, step L forward

 L : Step R forward, lock step L behind R, step R forward

[17-24] M : ROCK STEP, RECOVER, STEP-LOCK-BACK, 2X (WALK BACK), SHUFFLE in 1/2 TURN L

[17-24] L : ROCK STEP, RECOVER, STEP-LOCK-BACK, 2X (WALK BACK), SHUFFLE in 1/2 TURN R

1-2 M : Rock step forward with R, recover on L

 L : Rock step forward with L, recover on R

3&4 M : Step R back, lock step L over R, step R back

 L : Step L back, lock step R over L, step L back

5-6 M : Walk back with LR

 L : Walk back with RL

7&8 M : Shuffle in 1/2 turn to left with RLR LOD

 L : Shuffle in 1/2 turn to right with RLR LOD

*** On counts 7&8, let go the hands et take the inside hands.

[25-32] M : SYNCOPATED ROCK STEPS, STEP-LOCK-BACK, ROCK BACK, RECOVER

[25-32] L : SYNCOPATED ROCK STEPS, STEP-LOCK-BACK, ROCK BACK, RECOVER

1-2 M : Rock step forward with R, recover on L

 L : Rock step forward with L, recover on R

&3-4 M : Step R together L, rock step forward with L, recover on R

 L : Step L together R, rock step forward with R, recover on L

5&6 M : Step L back, lock step R over L, step L back

7-8 L : Step R back, lock step L over R, step R back
M : Rock back with R, recover on L
L : Rock back with L, recover on R

Restart 1 : At the 2nd repetition of the dance after the first 32 counts add these tag :

Tag : ROCKING CHAIR

1-2 M : Rock step forward with R, recover on L
L : Rock step forward with L, recover on R
3-4 M : Rock back with R, recover on L
L : Rock back with L, recover on R

And restart the dance from the beginning.

Restart 2 : At the 5th repetition of the dance after the first 32 counts, restart the dance from the beginning.

[33-40] M : CROSS, SIDE POINT, SHUFFLE FWD, 2X (WALK FWD), SHUFFLE FWD

[33-40] L : CROSS, SIDE POINT, SHUFFLE FWD, 2X (1/2TURN R), SHUFFLE FWD

1-2 M : Cross step R over L, point L to left side
L : Cross step L over R, point R to right side
3&4 M : Shuffle forward with LRL
L : Shuffle forward with RLR
5-6 M : Walk forward with RL
L : 1/2 turn to right and step L back, 1/2 turn to right and step R forward

***** On count 5, the man raises the lady's L hand over her head.**

On count 6, lower hands and take the One Hand Hold position.

7&8 M : Shuffle forward with RLR
L : Shuffle forward with LRL

[41-48] M : ROCK STEP, RECOVER, COASTER STEP, MAMBO FWD, STEP BACK, CROSS TOUCH

[41-48] L : ROCK STEP, RECOVER, COASTER STEP, MAMBO FWD, STEP BACK, CROSS TOUCH

1-2 M : Rock step forward with L, recover on R
L : Rock step forward with R, recover on L
3&4 M : Step back with L, step R together L, step forward with L
L : Step back with R, step L together R, step forward with R
5&6 M : Rock step forward with R, recover on L, step R together L
L : Rock step forward with L, recover with R, step L together R
7-8 M : Step back with L, cross touch R over L
L : Step back with R, cross touch over R

RESTART FROM THE BEGINNING

ENJOY AND HAVE FUN !

GUY & NANCY, SUZANNE & MARC

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