

All Over Me

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Helen Parkyn (UK) - June 2024
音樂: All Over Me - Paul Brandt



UKLDA Grassroots instructor 2023

Intro 16 counts

S1 - RIGHT TOUCH FORWARD, STEP BACK, LEFT COASTER, RIGHT FORWARD SHUFFLE, STEP 1/2 PIVOT RIGHT (6.00)

- 1,2,3&4 - touch right toe forward, close back beside left, step back left, close right beside on &, step forward left
5&6,7,8 - step forward right, close left beside on &, step forward right (shuffle), step forward left, pivot 1/2 turn right (6.00)

S2 - 1/4 TURN RIGHT (9.00) INTO LEFT NIGHTCLUB STEP, RIGHT NIGHTCLUB STEP, LEFT, SYNCOPATED WEAVE & TOUCH

- 1,2&3,4& - making 1/4 turn right step left to left side, rock right behind, recover on &, step right to right side, rock left behind, recover on &
5,6&7&8 - step left to left side, step right behind left, step left to left side on &, cross right over front left, step left to left side on &, touch right close

S3 & S4 - REPEAT SECTIONS 1 & 2 ... end facing (6.00)

S5 - STEP FORWARD RIGHT DIAGONAL, TOUCH LEFT TOE BESIDE, LEFT DIAGONAL STEP LOCK STEP, REPEAT

- 1,2,3&4 - right step forward right diagonal, touch left beside, left step left diagonal, close right on &, left step left diagonal
5,6,7&8 - repeat previous 4 counts

S6 - CROSS ROCK RIGHT OVER LEFT, RECOVER, RIGHT SIDE SHUFFLE 1/4 TURN RIGHT (9.00) STEP, PIVOT 1/2 TURN RIGHT (3.00), STEP, TOUCH CLOSE

- 1,2,3&4 - cross rock right over left, recover back on left, step right to right side, close left on &, step right 1/4 turn right (9.00)
5,6,7,8 - step forward left, pivot 1/2 turn right (3.00), step forward left, touch right close
***** restart wall 3 (facing 9.00) *****

S7 - RIGHT SUGARFOOT SIDE STOMP, LEFT TWIZZLE, LEFT SUGARFOOT SIDE STOMP, RIGHT TWIZZLE

- 1&2,3&4 - touch right toe to left instep, touch right heel to left instep on &, stomp right foot to right side, twist left foot to right heel toe heel (3&4)
5&6,7&8 - touch left toe to right instep, touch left heel to right instep on &, stomp left to left side, twist right foot to left heel toe heel (7&8)

S8 - V STEP, WALK FORWARD RIGHT LEFT, RIGHT FORWARD MAMBO ROCK, LEFT COASTER

- 1&2&,3,4 - step forward on right heel, step forward on left heel on &, step back in place right, step back in place left on &, walk forward right, walk forward left
5&6,7&8 - rock forward on right foot, recover on left on&, step back right, step back left, close right beside left on &, step forward left

End of dance ... begin again

***** Restart wall 3, after count 48 ... facing 9.00 *****

To finish facing front ... make last coaster at end of dance a 1/4 turn left ... and pose (UKLDA pose)

Last Update: 5 Jun 2024
