

All My Life Seulement Western

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Marie Nadeau (CAN) - July 2024
音樂: All My Life - Falling In Reverse & Jelly Roll



INTRO: Dance starts right after the sound of wind just after singer says: Hey!

*****3 RESTARTS:** after TAG 1 of wall 2, after TAG 3 of wall 4, after 32 counts of Wall 5

TAG 1: after 32 counts of Wall 2 and after Wall 4

TAG 2: after TAG 1 of 4th wall

TAG 3: after TAG 2 of 4th wall

S1: HEEL SWITCHES R&L, TOE SWITCHES R&L, SLIDE R, PONY STEP 2X R

1&2& Touch R Heel fwd, Put R next to L, Touch L heel fwd, Put L next to R
3&4& Touch R toe fwd (knee slightly in), Put R next to left, Touch L toe fwd (knee slightly in), Put L next to R
5,6 Slide R in a long step to the right, Step L next to R
7&8 Lift R knee up to right Side, Put R down, Step L next to R (2x) while you lasso in circle above your head with R arm 2x.

S2: SIDE STEP L, CROSS R BHD, WEAVE, ¼ TURN SLIDE L, HEEL DRAG R, COASTER STEP R

1,2 Step L to left side, Cross R behind L
&3&4 Step L to left side, Cross R over L, Step L to left side, Cross R behind L
5,6 Slide L to Left Side in a long step while turning ¼ turn towards right, Drag your R heel while sliding your L
7&8 Step R behind, Step L next to R, Step R forward

S3: STEP L, POINT R, STEP R, POINT L, CROSS SHUFFLE L, PENDULUM STEPS R&L

1,2 Step L fwd, Point R toe to right side
3,4 Step R fwd, Point L toe to left side
5&6 Cross L over R, Step R to right side, Cross L over R, Step R to right side
7&8& Point R toe to right side, Step R next to L, Point L toe to left side, Step L next to R

S4: STEP R, PIVOT 1/2 , STEP R, PIVOT ½, OUT R, OUT L, HIP ROLL

1,2 Step R fwd, Pivot ½ turn towards left
3,4 Step R fwd, Pivot ½ turn towards left
5,6 Step R fwd slightly larger than shoulder length (2:00), Step L fwd slightly larger than shoulder length (10:00)
7,8 Roll Hips from left to right in a half circle

TAG 1 wall 2 then RESTART

RESTART wall 5

S5: KICK R, HOOK R, KICK R, KICK L, HOOK L, KICK L, JUMP/ BALL TOUCH L&R, STEP R, HEEL SWIVEL

1&2& Kick R fwd slightly touching floor, Hook R over L, Kick R fwd
3&4& Kick L fwd slightly touching floor, Hook L over R, Kick L fwd
&5&6 Jump L to left diagonal, Step R next to L, Jump R to right diagonal, Step L next to R
7&8 Step R fwd, Swivel both Heels towards the right, Bring back to original stand.

S6: SHUFFLE DIAGONAL R&L, JAZZ BOX R

1&2 Step R fwd towards 2:00, Step L next to R, Step R fwd
3&4 Step L fwd towards 10:00, Step R next to L, Step L fwd

5,6,7,8 Step R over L, Step L to left side, Step R to right side slightly behind, Step L next to R

TAGS 1,2 & 3

After wall 4, one after the other then RESTART

TAG 1: Paddle 1/8 turn to complete full turn towards LEFT – air guitar

#8 counts

TAG 2: Paddle 1/8 turn to complete full turn towards RIGHT – air guitar

#8 counts

TAG 3: Paddle 1/4 turn to complete TWO full turns towards left – air guitar Heavy Metal style

#16 counts
