

It's All Or Nothing

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Toni Holmes (UK)
音樂: All or Nothing - Cher



CROSS ROCK, CHASSE, CROSS, UNWIND, SHUFFLE BACK

1-2 Cross rock right over left, recover on left
3&4 Step right to right side, step left next to right, step right to right side
4-5 Cross left over right, unwind ½ turn right
7&8 Step back on right, step left next to right, step back on right

ROCK, SHUFFLE FORWARD, FULL TURN, SHUFFLE FORWARD

1-2 Rock back on left, recover on right
3&4 Step forward on left, step right next to left, step forward on left
5-6 Turn ½ left stepping back right. Turn ½ left stepping forward left
7&8 Step forward on right, step left next to right, step forward on right

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

1-2 Cross left over right, step right to right side
3&4 Cross step left behind right. Step right to right side. Step left to left side
5-6 Cross right over left, step left to left side
7&8 Cross step right behind left. Step left to left side. Step right to right side

CROSS, SIDE, ½ TURN, SHUFFLE FORWARD, ROCKING CHAIR

1-2 Cross left over right, step right to right side making ½ turn left
3&4 Step forward on left, step right next to left, step forward on left
5-6 Rock forward on right, recover on left
7-8 Rock back on right, recover on left

Restart dance from beginning at this point on walls 3 & 8

SKATES, RIGHT SHUFFLE, SKATES, LEFT SHUFFLE.

1-2 Skate forward right, skate forward left (bending knees)
3&4 Step forward on right, step left next to right, step forward on right
5-6 Skate forward left, skate forward right (bending knees)
7&8 Step forward on left, step right next to left, step forward on left

ROCK FORWARD, ¼ TURN, CHASSE, CROSS, STEP, CHASSE

1-2 Rock forward on right, rock back on left making ¼ turn right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross left over right, step back on right
7&8 Step left to left side, close right to meet, step left to left side

REPEAT

RESTART

Restart after count 32 on walls 3 and 8