

All Around

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Matt Barrett (UK)
音樂: All Around - Five



STEP CROSS UNWIND, SHUFFLE FORWARD, RIGHT RECOVER, SHUFFLE BACK

&1-2 Step back left, cross right behind left, unwind a full turn to left
3&4 Step right forward, close left beside right, step right forward
5-6 Rock forward onto left, rock back onto right
7&8 Step left back, close right beside left, step left back

MOONWALK'S, ROCK RECOVER, KICKBALL CHANGE

1-2 Slide right foot back, (taking weight on ball of foot), slide left foot back, (taking weight on bell of foot)
3-4 Repeat steps 1-2
5-6 Rock back onto right, rock forward onto left
7&8 Kick right forward, step right beside left, step left in place

WILDCARD, TOUCH ½ TURN, BOUNCE HIPS DOWN AND UP

1&2& Flick right foot to right side, flick right foot to left side, hitch right knee, touch right foot beside left
3&4 Touch right to right side, touch right next to left, touch right to right side
5-6 Step onto right making ¼ turn right, step left foot slightly back
7&8 Bounce hips down while bending knees slightly, bounce hips up (keeping weight on left)

ROLLING GRAPEVINE, SLIDE TO LEFT

1-4 Step right, left, right, touch left; making a whole turn right
&5-8 Hitch left knee, slide to left over four counts

SYNCOATED ROCKS, THE JOKER

1&2 Rock forward onto right, recover onto left, replace right beside left
3&4 Rock back onto left, recover onto right, replace left beside right
5&6& Rock forward onto right, recover onto left, rock back onto right, recover onto left
7&8 Replace right beside left, swivel left toe left while also swiveling right heel to left, replace both left toe and right heel

MONTEREY ½ TURN RIGHT, ROCK RECOVER, STEP LEFT, STEP RIGHT

1 Touch right toes to right side
2 On ball of feet make ½ turn right, stepping right beside left
3&4 Hold for one count, touch left toes to left side, touch left toes beside right
5-6 Rock forward onto left, recover onto right
7-8 Step left back, step right beside left

VAUDEVILLE STEPS, RIGHT KICK FORWARD KICK SIDE, COASTER TURN

&1&2 Step left back, dig right heel forward, step right back, step left beside right
&3&4 Step right back, dig left heel forward, step left back, step right beside left
5-6 Kick right forward, kick right to right side
7&8 Step right back, step left beside right, step right forward making ¼ turn to right

STEP ¼ TURN, CROSS SHUFFLE RIGHT, ROCK RECOVER, COASTER STEP

1-2 Step left forward, pivot ¼ turn right
3&4 Cross left over right, step right to side, cross left over right

5-6 Rock onto right, recover onto left
7&8 Step right back, step left beside right, step right forward

REPEAT

If you can't do moonwalks just walk back for 4 counts.
