

All At Once

拍數: 32 牆數: 4 級數:
編舞者: Brian Holland (SCO)
音樂: Have You Met Miss Jones? - Robbie Williams



"TOE, HEEL, KICK, KICK" ; JAZZ BOX WITH ¼ TURN TO RIGHT

1-2 Touch right foot to left instep, touch right heel to left instep
3&4 Kick right foot diagonally-forward twice turning body to face diagonal. Right
5-6 Cross-step right foot over left, step back on left
7-8 Step to right on right turning ¼ right, step slightly forward on left

"FUNKY" TOE-STRUTS FORWARD

1-2 Touch right toes forward, lower right heel to floor
3-4 Touch left toes forward, lower left heel to floor

Click your fingers on each toe-strut, and shimmy your shoulders as you move forward. I.e. Do it with 'attitude' and at least look as if you are enjoying yourself

KICK RIGHT, STEP TOGETHER, KICK LEFT, STEP TOGETHER

5-6 Kick right diagonally-forward left clicking fingers, step on right foot beside left
7-8 Kick left diagonally-forward right clicking fingers, step on left foot beside right

RIGHT SIDE-SHUFFLE, ROCK STEP ; LEFT SIDE-SHUFFLE, ROCK STEP

1&2 Step to right on right, step on left beside right, step to right on right
3-4 Rock back on left, recover weight onto right
5&6 Step to left on left, step on right beside left, step to left on left
7-8 Rock back on right, recover weight onto left

STEP FORWARD, CLAP, ½ TURN, CLAP ; SHIMMY ½ TURN, CLAP

1-4 Step forward on right, hold / clap hands, pivot ½ turn to left, hold / clap hands
5 Step forward on right foot, shimmying shoulders
6-7 Turn ½ left while shimmying shoulders, and ending with weight on left
8 Hold / clap hands

REPEAT
