

All 4 U

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Levi J. Hubbard (USA)
音樂: All for You - Janet Jackson



SIDE LUNGE, TOGETHER, SIDE STEP, SLIDE TOGETHER

- 1 Lunge right to right side
- 2 Touch right back in place
- 3 Step right (big step) to right side
- 4 Slide left up next to right foot with heel pointed at an angle
- 5 Lunge left to left side
- 6 Touch left back in place
- 7 Step left (big step) to left side
- 8 Slide right up next to left foot with heel pointed at an angle

2 X HEEL TAPS, 2 X TOE TAPS, KICK KICK, SIDE KICK WITH ¼ TURN (RIGHT)

- 9 Tap right heel forward
- 10 Tap right heel forward
- 11 Tap right toe backward
- 12 Tap right toe backward
- 13 Kick right forward
- 14 Kick right backward
- 15 Step right slightly forward
- 16 Kick out left to left side & pivot ¼ turn right on (ball of) right foot

CROSS STEP, SIDE KICK, CROSS STEP, MODIFIED JAZZ SQUARE, ½ TURN (RIGHT), JUMPING JACK, JUMP CROSS BEHIND TURNING ¾ TURN (RIGHT)

- 17 Cross step left in front of right foot
- 18 Kick right out to right side
- 19 Cross step right in front of left foot
- 20 Step left backward
- & Slide right backward behind left foot
- 21 Cross step left in front of right foot
- 22 Unwind ½ turn right by pivoting on (balls of) both feet
- 23 Ump feet apart (shoulder length apart)
- & Jump crossing right foot behind left foot
- 24 Turn ¾ turn right by pivoting on (ball of) right foot & quickly shift weight to left foot stepping slightly to the side

(RIGHT) SAILOR STEP, (LEFT) SAILOR STEP, TURNING SAILOR STEP (¼ TURN RIGHT) JUMPING JACK, FULL TURN (RIGHT)

- 25 Cross right step behind left foot
- & Step left slightly to the side
- 26 Step right slightly to the side
- 27 Cross step left behind right foot
- & Step right slightly to the side
- 28 Step left slightly to the side
- 29 Cross step right behind left foot, turning ¼ turn right
- & Step left slightly to the side
- 30 Step right slightly to the side
- 31 Jump feet apart (shoulder length apart)

32 Jump crossing right over left & pivot a full turn left (ending with weight on left foot)
Easier option: instead of the full turn left, just bump hips right on (31) and bump left on (32)

REPEAT
