

All I Can Do

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Leonie Smallwood (AUS)
音樂: All I Can Do - Dolly Parton



ROCK 'N' TURN, PIVOT TURN, CROSS BALL-CHANGES

- 1&2 Step/rock forward on right, rock back onto left (in place), turn ¼ turn right on left foot to step right forward
3-4 Touch left forward, pivot ¼ turn right on right foot
5&6 Step left across in front of right, step right to right side, step left in place (samba step)
7&8 Step right across in front of left, step left to left side, step right in place (samba step)

RIGHT SYNCOPATED VINE, ROCK, LEFT SYNCOPATED VINE, HEEL SLAP

- 1&2 Step left across in front of right, step right to right side, step left across behind right
3-4 Step/rock right to right side, rock weight onto left
5&6 Step right across in front of left, step left to left side, step right across behind left
&7-8 Step left to left side, drag right heel towards left, flick right heel up behind left knee and slap with left hand

MONTEREY TURN, STEP TOUCHES, CROSS SHUFFLE

- 1-2 Touch right toe to right side, turn ½ turn right on left foot to step right beside left
3-4 Touch left toe to left side, touch left toe beside right
&5&6 Step left to left side, touch right toe beside left, step right to right side, touch left toe beside right
&7&8 Step ball of left foot slightly back, step right across in front of left, step left to left side, step right across in front of left

ROCK, TURN, SHUFFLE, TWIST

- 1-2 Step/rock left to left side, turn ¼ turn right and replace weight onto right foot
3&4 Step left forward, step right beside left, step left forward (left shuffle forward)
5&6& Put right foot beside left to twist both heels right toes right, heels right, toes right
7-8 Hold, flick right heel back

REPEAT

FINISH

Turn ¼ turn left (to front) on the heel flick at the end.
