

All I Had

拍數: 48 牆數: 4 級數: waltz
編舞者: Sandy Hawkins (AUS)
音樂: All I Had Going Is Gone - Gary Allan



WALK FORWARD, STEP SIDE TOGETHER, ¼ LEFT, ¼ LEFT, ½ LEFT

Forms a box: waltz style

- 1-3 Step forward on left, step right to right side, step left together
- 4-6 Step back on right, turn ¼ left on left, step right together
- 7-9 Step forward on left, turn ¼ left on right, step left together
- 10-12 Step back on right, turn ½ left on left, step right together

LEFT & RIGHT SLOW SAILOR STEPS, BACK LOCK ON RIGHT DIAGONAL (TWICE)

- 13-15 Step left back behind right, step right to right side, step left to left side
- 16-18 Step right back behind left, step left to left side, step right to right side
- 19-20&21 Step left back, step right back at 45 degrees, right cross/step left over right, step left back on right (back locks on balls of feet)
- 22-23&24 Step left back, step right back at 45 degrees, right cross/step left over right, step back on right (back locks on balls of feet)

WALK FORWARD LEFT-RIGHT-LEFT, ½ TURN RIGHT-LEFT-RIGHT, FORWARD ½ TURN, LEFT-RIGHT-LEFT

- 25-27 Walk forward left-right-left (straighten up)

Counts 25-26-27 can be a full turn forward

- 28-30 Forward ½ turn right (right-left-right)
- 31-33 Forward ½ turn left (left-right-left)

RIGHT ¼ TURN, STEP FORWARD ON LEFT ½ TURN RIGHT, STEP ¼ LEFT, ¼ LEFT, ¼ LEFT

- 34-36 Step ¼ right on right, step forward on left ½ turn right, step right beside left
- 37-39 Step ¼ left on left, step ¼ left on right, step ¼ left on left

Last 12 counts represents a long cross

ROCKS RIGHT & LEFT AND CROSS AND BOX STEP

- 40-42 Rock right, replace to left, cross right over left
- 43-45 Rock left, replace to right, cross left over right
- 46-48 Cross/step right over left turning ¼ left, step right beside left (box step)

REPEAT

BRIDGE

There is a 6 count bridge after count 45, one time only, on 2nd wall:

- 1-4 Step right, step left together, step back right, step left to left
- 5-6 Step right together, step forward left

Then continue with

- 46-48 Box step count to finish