

All Or Nothing

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Lisa Foord (AUS), Julie Molkner (AUS) & Dave Molkner
音樂: The Big Bad Broken Heart - Regina Regina



TWO KICK BALL CHANGES, STEP ¼ TURN, STOMP RIGHT, KICK LEFT

1&2 Kick right forward, step right slightly back, step left in place (kick ball change)
3&4 Repeat kick ball change
5-6 Step forward on right, turn ¼ turn left placing weight on left
7-8 Stomp right beside left, kick left to left side

TWO SAILOR SHUFFLES, TWO STOMPS CLAPS

1&2 Cross/step left behind right, step right to right side, step left to left side
3&4 Cross/step right behind left, step left to left side, step right to right side
5-8 Stomp left forward, clap, stomp right forward, clap

ROCK FORWARD, BACK ½ TURN, STEP BRUSH, ROCK FORWARD, BACK & HEEL, & STEP BRUSH

1-4 Rock forward on left, rock back on right turning ½ left step forward on left brush right forward
5-6&7&8 Rock forward on right, rock back on left, rock back on right & touch left heel forward, step forward on left, brush right forward

TWO TOE STRUT, MONTEREY ¾ TURN

1-4 Step forward on right toe, drop heel, step forward on left toe, drop heel
5-6 Point/touch right toe to right side, pivot ¾ turn right to step right beside left
7-8 Point/touch left toe to left side, touch left toe beside right

TWO LEFT HEEL JACKS, TWO RIGHT HEEL BALL JACKS

&1&2 Step back on left & touch right heel at 45 degrees right, step right in place & touch left toe together
&3&4 Step back on left & touch right heel at 45 degrees right, step right in place & step left together
&5&6 Step back on right & touch left heel at 45 degrees left, step left in place & touch right toe together
&7&8 Step back on right & touch left heel at 45 degrees left, step left in place & touch right together

STOMP RIGHT SIDE, HOLD, STOMP LEFT SIDE, HOLD, ROLL RIGHT KNEE ROLL LEFT KNEE

1-4 Stomp right to right side, hold, stomp left to left side, hold
5-8 Roll right knee out (2 beats), roll left knee out (2 beats)

RIGHT HEEL, CROSS TOE, HEEL TOUCH BACK, FORWARD LOCK SHUFFLE

1-4 Touch right heel forward, touch right toe cross left, touch heel forward, touch toe back
5-6-7&8 Step right forward, lock left behind right, shuffle forward right-left-right

ROCKING HORSE, STEP PIVOT, STEP FORWARD, TOUCH & CLAP

1-4 Rock forward left, step right in place, rock back on left, step right in place
5-8 Step left forward, pivot ½ turn over right, step forward left, touch right beside left & clap

REPEAT