

# All Or Nothing

**COPPER** KNOB  
BY STEPHEN BEECH

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Diane Lee (UK)  
音樂: All Or Nothing - Athena Cage



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## STEP, ½ HITCH POINT; CROSS ROCK STEP LEFT, FULL UNWIND, STEP & CROSS, HEEL BOUNCE

1-2            Step forward on the right, hitch left making ½ turn over right shoulder, point left to left side  
3&4           Cross rock left over right, recover right, step left to left side  
5-6           Cross right over left, unwind full turn over left shoulder  
&7&8          Step right up to left, cross left over right, rise up on toes, replace (heel bounce)

## SWITCH RIGHT, SWITCH LEFT, HITCH SLIDE ¼ RIGHT, HEEL SWITCH RIGHT & LEFT, DIG, HITCH POINT BEHIND

1&2           Point right toe to right, switch and point left to left  
&3-4          Hitch left knee, slide left make ¼ right, slide right ending touched to left  
5&6           Heel switch right and left (traveling forward)  
&7&8          Bring left back next to right, heel dig right in front leaning back, hitch the right and toe dig behind

## ¼ RIGHT, CROSS ROCK RECOVER, HIPS LEFT, RIGHT, SLIDE LEFT, REVERSE PIVOT ½, CROSS LEFT POINT RIGHT

1-2&          Make ¼ right stepping right to right side, cross rock left over right, recover back on right  
3&4           Step left to left side bumping hips left (3) right (&), large step left  
5-6           Cross right behind left, ½ reverse pivot. Transfer weight right  
7-8           Cross step left in front of right, point right toe to right side

## WEAVE LEFT BEHIND SIDE FRONT, ¼ HITCH POINT LEFT, TOE TOUCH LEFT, HEEL SWITCH RIGHT & LEFT STEP RIGHT ½ PIVOT

1&2           Weave left - cross right behind, step left to left side cross right in front of left  
&3-4          Hitch left (&), ¼ right and point left to left side (3), touch left toe in front (4)  
&5&6          Step left next to right, touch right toe forward, switch touch left toe forward  
&7-8          Step left next to right, step forward right ½ pivot turn over left shoulder transfer weight left

**Dance ends with a ½ turn and you'll start over with a step forward right ½ turn so be sure to transfer weight left as you end**

**REPEAT**

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