

# All Or Nothing

拍數: 64      牆數: 4      級數: Improver  
編舞者: Geri Morrison (UK)  
音樂: All or Nothing - O-Town



## STEP RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT, SIDE ROCK, CROSS SHUFFLE

1-2      Step right to right side, touch left beside right  
3-4      Step left to left side, touch right beside left  
5-6      Rock right to right side, recover weight on left  
7&8      (Cross shuffle) cross right over left, step left to left, cross right over left

## STEP LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, SIDE ROCK, ¼ TURN SHUFFLE FORWARD

1-2      Step left to left side, touch right beside left  
3-4      Step right to right side, touch left to right  
5-6      Rock left to left side, recover weight on right turning ¼ right  
7&8      (Left shuffle) step forward on left, bring right beside left, step forward on left

## STEP FORWARD, TOUCH BEHIND, STEP BACK, TOUCH IN FRONT, RIGHT LOCK, RIGHT LOCK STEP

1-2      Step right forward, touch left behind right  
3-4      Step back on left, touch right in front of left  
5-6      Step forward on right, lock left behind right  
7&8      (Right lock step) step forward on right, lock left behind right, step forward on right

## STEP LEFT ¼ TURN, HOLD, ROCK BACK, RECOVER, SIDE BEHIND, SIDE IN FRONT

1-2      Step left to left side turning ¼ turn right, hold  
3-4      Rock back on right, recover weight on left  
5-6      Step right to right side, cross left behind right  
7-8      Step right to right side, cross left in front of right

## STEP RIGHT, LEFT SLIDE, ROCK HITCH, SIDE TOGETHER, ¼ TURN SHUFFLE

1-2      Step right to right side, slide touch left nearly to right  
3-4      Rock left to left, (swaying hips) recover weight on right at the same time hitch left knee beside right  
5-6      Side step left to left, bring right beside left  
7&8      (¼ Turn left shuffle) turn ¼ left on left, bring right beside left, step forward on left,

## ¾ TURN LEFT, HEEL SWITCHES, ROCK, RECOVER

1-2      Step forward on right, pivot ½ turn left taking weight on left  
3-4      Step forward on right turning ¼ left, step left beside right, (facing 6:00)  
5&6      Touch right heel forward, step right beside left, touch left heel forward  
&      Step left beside right  
7-8      Rock forward on right, recover weight on left

**Restart here on 3rd wall**

## FULL TURN BACK, SAILOR STEP, SKATE FORWARD

1-2      Step back ½ turn right on right, step back ½ turn right on left, (optional walk back)  
3&4      (Right sailor step) cross right behind left, step left to left, step right to right  
5-6      Skate forward left, right  
7&8      (Left shuffle forward) step forward left, bring right beside left, step forward left

## CROSS STEP BACK, ¼ TURN, HOLD, CROSS STEP BACK, ½ TURN, HOLD

1-2      Cross right over left, step back on left

3-4 Step right to right side turning  $\frac{1}{4}$  right, hold  
5-6 Cross left over right, step back  $\frac{1}{4}$  turn left on right  
7-8 Step left to left side turning  $\frac{1}{4}$  turn left, hold, (3:00)

**REPEAT**

**RESTART**

**Restart on the 3rd wall facing 12:00 after count 48**

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