

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
