

# All Or Nothing

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Pete Selwood (UK)  
音樂: All for You - Janet Jackson



## LUNGE, DRAG, TOUCH (WITH CLAPS), REVERSE ½ TURN, KICK BALL CHANGE

1                    Step large step right on right foot (bending right knee)  
2-3-4              Drag left foot towards right over 2 counts slowly straightening right leg (2-3), touch left beside right

### Clap hands 3 times at hip, chest and head height

5-6                Touch left toe back, pivot ½ turn left taking weight on left  
7&8                Kick right foot forward, step right next to left, step left in place

## ¼ TURN RIGHT & ¼ TURN LEFT TWICE, MONTEREY TURN, TOE TOUCHES

9-10                Step right foot ¼ right pivoting on left foot, step left next to right pivoting ¼ left on right foot  
11-12              Step right foot ¼ right pivoting on left foot, step left next to right pivoting ¼ left on right foot  
13-14              Point right to right side, turn ½ over right shoulder and close right next to left  
15&                Touch left to left side, step left next to right  
16&                Touch right to right side, step right next to left

## HIP BUMPS, TOUCH ¼ TURN LEFT, BODY ROLL

17&18             Step left foot diagonally forward bumping hips left right left  
19&20             Step right foot diagonally forward bumping hips right left right  
21-22             Touch left toe out to left, pivot ¼ turn left on right dropping heel on left foot  
23-24             Body roll forward taking weight forward on left foot

## STEP TOUCH, HEEL JACK, STEP, STEP, ½ TURN PIVOT, HEEL SWITCHES

25-26             Step forward on right, touch left next to right  
&27                Step back on left foot, touch right heel forward  
&28                Step right next to left, step left forward  
29-30             Step forward on right, pivot ½ turn left  
31&                Touch right heel forward, step right next to left  
32&                Touch left heel forward, step left next to right

## STEP SIDE, SLIDE, TWICE RIGHT, KNEE POPS, HITCH

33-34             Step right to right side (raise right shoulder, drop left), slide left to right (straightening shoulders)  
35-36             Step right to right side (raise right shoulder, drop left), slide left to right (straightening shoulders)  
37-38             Pop left knee forward (right leg straightened), pop right knee forward (left leg straightened)  
39&40             Pop left knee forward, pop right forward, hitch left knee

## STEP SIDE, SLIDE, TWICE LEFT, KNEE POPS, HITCH

41-42             Step left to left side (raise left shoulder, drop right), slide right to left (straightening shoulders)  
43-44             Step left to left side (raise left shoulder, drop right), slide right to left (straightening shoulders)  
45-46             Pop right knee forward (left leg straightened), pop left knee forward (right leg straightened)  
47&48             Pop right knee forward, pop left forward, hitch right knee

## TOUCH ¼ TURN RIGHT, HEEL TAPS, STEP ½ TURN, HOOK, LOCK STEP FORWARD

49-50             Touch right toe out to right, pivot ¼ turn right on left foot (keeping right toe forward)  
51-52             Tap right heel forward twice

&53-54 Step right beside left, step forward on left, pivot ½ turn right (on ball of left) hook right across left shin

55&56 Step right forward, lock left behind right, step right forward

**TOUCH ¼ TURN LEFT, HEEL TAPS, STEP ½ TURN, HOOK, LOCK STEP FORWARD**

57-58 Touch left toe out to left, pivot ¼ left on right foot (keeping left toe forward)

59-60 Tap left heel forward twice

&61-62 Step left beside right, step forward on right, pivot ½ turn left (on ball of right) hook left across right shin

63&64 Step left forward, lock right behind left, step left forward

**REPEAT**

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