

All Or Nothing

COPPER KNOB
BY STEPSHEETS

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
