

All Over Again

COPPER **KNOB**
BY SHEETS

拍數: 0 牆數: 0 級數:
編舞者: Janet Mutlow
音樂: All Over Again - Ronan Keating



Sequence: AAAA, B, AAA(see Note), BC
Dedicated to Anne and Dan

SECTION A

POINT OUT-IN-OUT, CROSS & FULL TURN UNWIND, RONDE SAILOR CROSS, FLICK STEP TWICE

1&2 Point left to left side, step left beside right, point right to right side
3&4 Cross right in front of left, unwind full turn, sweep left behind right
5&6 Cross left behind right, step right to right side, cross left over right
&7 Make a sharp quick kick backwards with a flexed knee right, step right
&8 Make a sharp quick kick backwards with a flexed knee left, step left

POINT KICK CROSS TWICE, LOCK STEP, RONDE SAILOR STEP

1&2 Point right to right side, low kick right, cross right over left
3&4 Point left to left side, low kick left, cross left over right
5&6 Step back on right, lock left in front of right, step back on right
&7&8 Sweep left behind right, cross left behind right, step right beside left, step forward left

PRESS KICK RECOVER, TRIPLE TURN, SWAY TWICE, BALL CHANGE ¼ TURN RIGHT, BALL CHANGE

1&2 Press right to right diagonal, release left into low kick left, step back left
3&4 Make a triple turn by stepping right over left ¼ turn, left ¼ turn, right over left ½ turn to place
5-6 Weight on both feet sway to left, sway to right
&7 Step forward on to ball of left, ¼ turn right stepping on to ball of right
&8 Step back on to ball of left, step forward on to ball of right

The last time you dance Section A, alter the final &8 to a left ball pivot to return to wall 1 (12:00)

SECTION B

SIDE MAMBO STEP TWICE, BODY ROLL, RECOVER, HOLD TWICE, SWAY TWICE, CLOSE, HIP ROLL

&A1 (To diagonal right for style or face front) rock to left side on left, recover on right, step left next to right
&A2 (To diagonal left for style or face front) rock to right side on right, recover on left, step right next to left
&A3 Drop heels, bend knees, body roll - end with head back
&A4 Recover to upright, hold (eyes closed), hold (eyes open)
&A5 Step right to right side, sway to left, sway to right
6 Bring feet together by sliding left next to right
7-8 Starting to left, move hips in a full circular motion to the left

OUT-OUT IN-IN (SYNCOATED SPLITS), STEP ½ TURN TWICE, TAP PRESS, CLOSE, HIP ROLL

&1&2 Step out left to left side, step out right to right side, step left back to center, step right in beside left
&3&4 Step forward left, make a ½ turn left, stepping weight back on right (twice)
&5 Tap left to left diagonal without weight, press left forward on left diagonal
6 Bring feet together by sliding left next to right
7-8 Starting to left, move hips in a full circular motion to the left

OUT-OUT IN-IN (SYNCOATED SPLITS), STEP ½ TURN TWICE, TAP PRESS, CLOSE, HIP ROLL

- &1&2 Step out left to left side, step out right to right side, step left back to center, step right in beside left
- &3&4 Step forward left, make a ½ turn left, stepping weight back on right (twice)
- &5 Tap left to left diagonal without weight, press left forward on left diagonal
- 6 Bring feet together by sliding left next to right
- 7-8 Starting to left, move hips in a full circular motion to the left

STEP POINTS FORWARD & BACK, BRUSH CROSS, & CROSS & CROSS

- 1-2 (To diagonal left for style) step forward right, point left forward
- 3-4 (To diagonal right for style) step left, point right back
- 5-6 Brush right forward, cross step right over left
- &7&8 Step left to left side, cross step right over left, step left to left side, cross step right over left

FULL PADDLE TURN LEFT, FULL PADDLE TURN RIGHT

- 1-2-4 Step forward left, make a full turn (or more!) Left using a series of ball changes almost on the spot
- 5-6-8 Step forward right, make a full turn (or more!) Right using a series of ball changes almost on the spot (end left behind right)

Simplified counts:

- 1-4 Make full turn (or more) left by stepping alternately left-right-left-right
- 5-8 Make full turn (or more) right by stepping alternately right-left-right-left (end left behind right)

TAP TAP POINT, JAZZ BOX, HOLD, CLOSE, HIP ROLL

- &A1 To left diagonal tap left toe (twice), extend/point left toe
- 2-3-4 Cross left over right, step back on right, step left to left side
- 5 Hold in place (straighten knees)
- 6 Bring feet together by sliding left next to right
- 7-8 Starting to left, move hips in a full circular motion to the left

SECTION C

TAP TAP POINT, JAZZ BOX, HOLD, CLOSE, HIP ROLL

- &A1 To left diagonal tap left toe (twice), extend/point left toe
- 2-3-4 Cross left over right, step back on right, step left to left side
- 5 Hold in place (straighten knees)
- 6 Bring feet together by sliding left next to right
- 7-8 Starting to left, move hips in a full circular motion to the left

TAP POINT CLOSE, TAP POINT, CROSS, UNWIND, STEP, CLOSE, HIP ROLL

- &A1 To left diagonal tap left toe, extend/point left toe, close left next to right
- &2 To right diagonal tap right toe, extend/point right toe
- 3-4 Cross right over left, unwind full turn left
- 5 Step left to left side
- 6 Bring feet together by sliding left next to right
- 7-8 Starting to left, move hips in a full circular motion to the left

½ TURN POINT TWICE, HOLD, CLOSE, HIP ROLL

- 1-2 Stepping back on left make ½ turn left, point right to right side
- 3-4 Stepping forward on right make ½ turn right, point left to left side
- 5 Hold in place, lowering left heel
- 6 Bring feet together by sliding left next to right
- 7-8 Starting to left, move hips in a full circular motion to the left

STEP, CLOSE, HIP ROLL, ½ TURN POINT TWICE

- 1-2 Step left to left side, bring feet together by sliding left next to right

- 3-4 Starting to left, move hips in a full circular motion to the left
- 5-6 Stepping back on left make $\frac{1}{2}$ turn left, point right to right side
- 7-8 Stepping forward on right make $\frac{1}{2}$ turn right, point left to left side

FULL PADDLE TURN LEFT, FULL PADDLE TURN RIGHT

- 1-2-4 Step forward left, make a full turn (or more!) Left using a series of ball changes almost on the spot
- 5-6-8 Step forward right, make a full turn (or more!) Right using a series of ball changes almost on the spot (end left behind right)

Simplified counts:

- 1-4 Make full turn (or more) left by stepping alternately left-right-left-right
 - 5-8 Make full turn (or more) right by stepping alternately right-left-right-left (end left behind right)
-