

All At Once

COPPER KNOB
STEPSHEETS

拍數: 24 牆數: 4 級數: Intermediate
編舞者: Leigh Huckel (AUS) - July 2007
音樂: All at Once - Whitney Houston



Intro: 24 counts

- 1-4 Side with Draw, Rock Back, Recover, Twice**
1 Step R foot to R while drawing L foot to R foot
2& Rock L foot back, recover weight to R foot
3 Step L foot to L while drawing R foot to L foot
4& Rock R foot back, recover weight to L foot
- 5-7 Step 1/2 turn, step 1/2 turn, forward 3/4 R roll 2**
1& Rock R foot forward, turning 1/2 L recover weight to L foot
2& Rock R foot forward, turning 1/2 L recover weight to L foot
3& Rock R foot forward, turning 3/4 R step L foot back
- 8-11 Side shuffle with sweep, cross rock, recover, step side, cross front**
1&2 Step R foot to R, step L foot next to R foot, step R foot to R while sweeping L foot around
3&4& Rock L foot across in front of R foot, recover weight to R foot, step L foot to L, cross R foot in front of L foot
- 12-14 Point side, step together, back with sweep, back with sweep**
1& Point L foot to L, step L foot next to R foot
2 Step R foot back while sweeping L foot around from front to back
3 Step L foot back while sweeping R foot around from front to back
- 15-16 Coaster step to a forward 1/2 R roll 2**
1& Step R foot back, step L foot next to R foot
2& Step R foot forward, turning 1/2 R step L foot back
- 17-20 Coaster step, step together, 2 reverse turns**
1&2& Step R foot back, step L foot next to R foot, step R foot forward, step L foot next to R foot
3& Touch R toe back, turning 1/2 R recover weight to L foot
4& Touch R toe back, turning 1/2 R recover weight to L foot
- 21-22 Back, touch, forward, touch**
1& Step R foot back, touch L foot next to R foot
2& Step L foot forward, touch R foot next to L foot
- 23-24 Side with hipsway 2**
1,2 Step R foot to R swaying hips R-L
- Restart dance in new direction**

TAG: At the END of WALL 2 do the following.

- 1-4 Step R foot to R swaying hips R-L

RESTARTS:

On the 3rd, 4th, 8th & 9th sequences make beats 15-16 a coaster step then a step together on the & beat then restart dance.

At the END of the 5th sequence ADD the TAG then restart.

On the 12th sequence dance to beat 11& then make beat 12 a step side then restart.

