

All 4 U

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Roy Verdonk (NL) & Wil Bos (NL)
音樂: All for You - Kate Ryan



Intro : 16 counts

Step Tap, Heel Bounce, Kick Ball Step, Out, Out, In, In

1&2 Step right to right diagonal, Lift heel, Lower heel right foot
3&4 Kick right forward, Step down on ball of right foot, Step left forward
5-6 Step right to right diagonal, Step left to left diagonal
7-8 Step right back to the middle, Close left next to right (12)

Kick and Skate (x2), Rock, Recover, 1 ¼ Triple Turn Right

1&2 Kick right forward, Step right next to left, Step left forward with toes left swivel heel back
3&4 Kick right forward, Step right next to left, Step left forward with toes left swivel heel back
5-6 Rock right forward, Recover
7& Pivot ½ turn right and step right forward, Pivot ½ turn right step back on left,
8 ¼ Turn right step right to right side (03)

Option for 7&8 – ¼ turn right with a side shuffle right

Cross, Step, Sailor Step, Recover with Shoulder pops (x2), Cross Shuffle

1-2 Cross left over right, step right to right side
3&4 Cross left behind right, Step right to right side, Step left to left side
5-6 Recover on right and pop right shoulder, Recover on left and pop left shoulder
7&8 Cross right over left, Step left to left side, Cross right over left (03)

Option for 5-6 – Recover on right and sway right, Recover on left and sway left

¼ Turn, ¼ Turn, Cross Mambo (x2), Step, Pivot

1-2 ¼ turn right step left back, ¼ turn right step right to right side (09)
3&4 Cross left over right, Recover, Step left to left side
5&6 Cross right over left, Recover, Step right to right side
7-8 Step left forward, Pivot ½ turn right (03)

Step, Lock, Step, Lock, Step, Rock, Recover, ¾ Turn

1-2 Step left forward, Lock right behind left
3&4 Step left forward, Lock right behind left, Step left forward
5-6 Rock right forward, Recover
7&8 ¾ triple turn right stepping R-L-R (weight on right) (12)

Step, Touch & Snap, Step, Touch & Snap, Rock, ¼ Turn Recover, Point, Cross

1-2 Step left to left side, Touch right behind left and snap fingers on shoulder height
3-4 Step right to right side, Touch left behind right and snap fingers on shoulder height
5-6 Rock left to left side, Recover with ¼ turn right (03)
7-8 Point left to left side, Cross left over right

Start again and let the music touch your soul
