

All That I Know

拍數: 80 牆數: 4 級數: Intermediate
編舞者: Arne Stakkestad (BEL) - September 2007
音樂: All That I Know - Lori Lampkin : (Album: That Place)



Dance order: A48, B32, A48, B32, A32, B32,B32, A41

Intro: 32 counts, (clap hands on counts 18, 20, 22, 24, 26, 28, 30 en 32 of the intro)

Part A 48 counts

Cross steps, cross shuffle, paddle ¼ turn, kick ball cross

- 1-2 Cross Right over Left, cross Left over Right
3&4 Cross Right over Left, Left next to Right, cross Right over left
5-6 Touch Left to left side, ¼ turn Right and touch Left to Left side
7&8 Left kick forward, on ball of Left next to Right and cross Right over Left

Diagonal steps forward, touch, touch, sidestep X 2

- 9-10 Step Left diagonally left forward, step Right diagonally right forward
11&12 Touch Left next to Right, touch Left bit farther to left, step Left to left side
13-14 Step Right diagonally right forward, step Left diagonally left forward
15&16 Touch Right next to Left, touch Right bit farther to right, step Right to right side

Cross, unwind, lockstep, kicks, sailor step

- 17-18 Cross Left over Right, ½ turn right and weight on Right
19&20 Step Left forward, lock Right behind Left, step Left forward
21-22 Kick Right diagonally left forward, kick Right diagonally right forward
23&24 Cross Right behind Left, step Left to left side and step Right forward

The following 24 counts are mirror image, Right becomes Left and Left becomes Right

Cross steps, cross shuffle, paddle ¼ turn, kick ball cross

- 25-26 Cross Left over Right, cross Right over Left
27&28 Cross Left over Right, Right next to Left, cross Left over Right
29-30 Touch Right to Right side, ¼ turn left and touch Right to right side
31&32 Right kick forward, on ball of Right next to Left and Cross Left over Right

Diagonal steps forward, touch, touch, sidestep X 2

- 33-34 Step Right diagonally right forward, step Left diagonally left forward
35&36 Touch Right next to Left, touch Right bit farther to right, step Right to right side
37-38 Step Left diagonally left forward, step Right diagonally right forward
39&40 Touch Left next to Right, touch Left bit farther to left, step Left to left side

Cross, unwind, lockstep, kicks, sailor step

- 41-42 Cross Right over Left, ½ turn left and weight on Left
43&44 Step Right forward, lock Left behind Right and step Right forward
45-46 Kick Left diagonally Right forward, kick Left diagonally Left forward
47&48 Cross Left behind Right, step Right to right side and step Left forward

Part B chorus 32 counts

Touch, knee in, touch, knee out, kick ball cross X2

- 1-2 Touch Right next to Left (knee in), Touch Right next to Left (knee out)
3&4 Kick Right diagonally right forward, Right next to Left and Cross Left over Right
5-6 Touch Right next to Left (knee in), Touch Right next to Left (knee out)
7&8 Kick Right diagonally right forward, Right next to Left and Cross Left over Right

Side rock, sailor step ¼ turn, full turn, bumps

- 9-10 Rock Right to right side, recover weight on Left
11&12 Cross Right behind Left, ¼ turn left and step Left to left side and step Right forward
13-14 Make ½ turn right and step Left back, ½ turn right and step Right forward
15&16 Step Left diagonally left forward and bump hips forward, back, forward

Touch, knee in, touch, knee out, kick ball cross X2

- 17-18 Touch Right next to Left (knee in), Touch Right next to Left (knee out)
19&20 Kick Right diagonally right forward, Right next to Left and Cross Left over Right
21-22 Touch Right next to Left (knee in), Touch Right next to Left (knee out)
23&24 Kick Right diagonally right forward, Right next to Left and Cross Left over Right

Skates backwards, bumps, skates backwards, bumps

- 25-26 Skate Right diagonally right backwards, skate Left diagonally left backwards
27&28 Step Right diagonally right back and bump hips back, forward, back
29-30 Skate Left diagonally left backwards, skate Right diagonally right backwards
31&32 Step Left diagonally left back and bump hips back, forward, back
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