

All I Need

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Seth Lilly - June 2008
音樂: Sunday Morning - Maroon 5 : (CD version)



Intro: 16-count intro

(1-8) Turn, behind-side-cross, rock-recover-turn, step, rock-recover-turn.

- 1: Turn 3/4 left stepping back on right foot. (Left foot sweeping counter-clockwise)
2&3: Step left foot behind right, step right foot out to right side, cross left over right turning 1/8 right.
4&5: Rock right foot forward, recover on left, turn 1/2 right stepping right forward.
6,7&: Step left foot forward, rock right foot forward, recover on left foot.
8: Turn 1/2 right stepping right foot forward.

(9-16) Step-cross, behind-turn-turn, cross-behind-turn, step, step-touch-step-touch.

- &1: Step left foot forward, cross right foot over left.
2&3: Step back on left foot, turn 3/8 right (9:00) stepping right foot to right side, turn 1/8 right stepping left foot forward.
4&5: Cross right foot over left, step back on left foot, turn 3/8 right (3:00) stepping right foot to right side.
6: Turn 1/4 right stepping left foot forward.
7&8&: Step right foot forward, touch left foot next to right, step left foot forward, touch right foot next to left.

(17-24) Rock, recover-step-drag step, sailor, turn, coaster.

- 1: Rock right foot forward.
2&3: Recover on left foot, step right foot back, take a long step back on left foot. (dragging right foot)
4&5: Step back on right foot turning 1/4 right, step left foot next to right, step right foot forward.
6: Turn 1/2 right stepping left foot back.
7&8: Step right foot back, step left foot next to right, step right foot forward.

(25-32) Step, turn, step-turn-turn, sailor, turn, coaster, step.

- &1: Step left foot forward, turn 1/4 left stepping right foot to right side.
2&3: Step left foot to left side, turn 1/4 right crossing right foot over left, step back on left foot turning 1/4 right. (Right foot sweeping clockwise)
4&5: Turn 1/4 right stepping right foot back, step left foot next to right, step right foot forward.
6: Turn 1/2 right stepping left foot back
7&8&: Step back on right foot, step left foot next to right, step right foot forward, step left foot forward.

Repeat
