

All I Ever Need

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Marjorie Barnabas-Shaw (MY) - September 2008
音樂: Be Good to Me - Ashley Tisdale : (Album: Headstrong)



Intro Count : 16 counts on strong beats

A. SYNCOPATED WEAVE TO RIGHT, HEEL-STEP-CROSS, ROCK SIDE AND BACK, AND ROCK SIDE AND TOUCH.

1&2& Cross left over right. Step right to right side. Cross left behind right. Step right to right side.
3&4 Touch left heel forward. Step left beside right. Cross right over left.
5&6& Rock left to left side. Recover onto right. Rock back left. Recover onto right.
7&8 Rock left to left side. Recover onto right. Touch left toe beside right.

B. CROSS, SIDE, HEEL AND CROSS SIDE HEEL, FORWARD JAZZ JUMP, BACK-LOCK-BACK.

1&2& Cross left over right. Step right to right side. Touch left heel diagonally forward. Step left beside right.
3&4 Cross right over left. Step left to left side. Touch right heel diagonally forward.
5&6 Jump forward right. Step left beside right. Step right in place.
7&8 Step back left. Lock right in front of left. Step back left.

C. DIAGONAL RIGHT LOCK-1/4 RIGHT, DIAGONAL LEFT-LOCK-LEFT (twice-completing 1/2 turn right)

1&2 Step right diagonally forward. Lock left behind right. Step 1/4 right on right.
3&4 Step diagonally forward left. Lock right behind left. Step diagonally forward left.
5&6 Step right diagonally forward. Lock left behind right. Step 1/4 right on right.
7&8 Step diagonally forward left. Lock right behind left. Step diagonally forward left.

D. RIGHT COASTER, SIDE STEP, RIGHT COASTER, SIDE STEP, 1/4-RIGHT SAILOR TURN, ROCK LEFT, ROCK RIGHT.

1&2& Step back right. Step left beside right. Step forward right. Step left beside right.
3&4& Step back right. Step left beside right. Step forward right. Step left beside right.
5&6 Cross right behind left with 1/4 turn right. Step left beside right. Step right in place.
7-8 Rock left to left side. Rock right to right side.

TAG : END OF 2th and 4th sequences

1-2-3-4 Step diagonally forward left. Step right beside left. Step diagonally forward left. Scuff right beside left.
5-6-7-8 Step diagonally forward right. Step left beside right. Step diagonally forward right. Scuff left beside right.

BRIDGE : END OF 6th sequence (repeat twice)

1-2-3-4 Step diagonally forward left. Step right beside left. Step diagonally forward left. Scuff right beside left.
5-6-7-8 Step diagonally forward right. Step left beside right. Step diagonally forward right. Scuff left beside right.
1-2,3&4 Rock left, Rock right, Left Chasse.
5-6,7&8 Rock right, Rock left, Right Chasse

~ * ~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~ * ~