

Everything About U

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul McAdam (UK) - December 2008
音樂: Everything About U - Danny K



Count in: Approximately 26 seconds into song on funky beat

(1-8) NIGHTCLUB BASIC, SWEEP CROSS BACK, FULL TURN RIGHT, HITCH BALL CROSS

- 1,2& Step left foot to left side, rock back on right foot, recover on left foot
3&4 Sweep right foot forward, cross right foot over left foot, step back on left foot
5&6 Make a ¼ turn right and step forward on right foot, make a ½ turn right and step back on left foot, make a ¼ turn right and step right foot to right side
7&8 Hitch left knee up, step back slightly on left foot, cross right foot over left foot

(9-16) ¼ SWEEP, ROCK, ¼ SIDE TOUCHES, FULL TURN LEFT, HOLD, ½ TURN BALL STEP

- 1,2& Make a ¼ turn left and step forward on left foot while sweeping right foot forward, rock forward on right foot, recover on left foot
3&4 Make a ¼ turn right and step right foot to right side, touch left toe next to right, touch left toe out to left side
5&6 Make a ¼ turn left and step forward on left foot, make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side
7&8 Hold a count, make a ½ turn LEFT and step back on ball of right foot, step forward on left foot

(17-24) STEP LOCK HITCH, SAILOR STEP, STEP ½ TURN STEP, STEP FULL TURN STEP BACK

- 1,2& Step right foot to right diagonal, lock left foot behind right foot, hitch right knee up and out to right side
3&4 Right sailor step
5&6 Step forward on left foot, pivot ½ turn right, step forward on left foot
7&8 Step forward on right foot, pivot ½ turn left, pivot ½ turn left and step back on right foot and sweep left foot back

(25-32) BACK SWEEPS X2, SAILOR CROSS ¼ TURN, FULL TURN RIGHT, CROSS ROCK, SIDE CROSS

- 1,2 Step back on left foot and sweep right foot back, step back on right foot and sweep left foot back
3&4 Cross left foot behind right foot, make a ¼ turn left and step right foot to right side, cross left foot over right foot
5&6 Make a ¼ turn right and step forward on right foot, make a ½ turn right and step back on left foot, make a ¼ turn right and step right foot to right side
7&8& Cross rock left foot over right foot, recover on right foot, step left foot to left side, cross right foot over left.

START AGAIN AND ENJOY!