

# All You Can

COPPERKNOB  
BY STEPHEN BRETZ

拍數: 64      牆數: 2      級數: Intermediate / Advanced  
編舞者: Michael Vera-Lobos (AUS) - April 2011  
音樂: Più che puoi - Eros Ramazzotti & Cher : (CD: E2 - Deluxe Edition)



## [1–8] Cross & Side & Behind & Side, Step Fwd & ½ R, ¼ R, Cross Rock, Replace / Sweep & Side Cross & ¼ R, ¼ R

- 1&2&3&4      Travel L – Cross R over L & Step L to L, Cross R behind L & Step L to L, Step fwd R & Turning ½ R Step back on L, Turn a further ¼ R Ending with R to R side (9:00)  
5,6      Cross Rock L over R, Rock back on R sweeping L to L side (9:00)  
&7&8      Stepping onto L Cross R over L & Turning ¼ R Step back on L (12:00), Turn a further ¼ R End R to R (3:00)

## [9–16] Cross Rock, Replace & Cross & ¼ R, Step Back, Step Fwd & ½ L, Step Back, Full Triple Spin Fwd R

- 1,2&3&4      Cross Rock L over R, Rock back on R & Stepping L to L Cross R over L & Turning ¼ R Step back on L, Rock back on R (6:00)  
5&6      Step fwd L & Turning ½ L Step back on R, Rock back on L (12:00)  
7&8      Step fwd R & Spin full turn fwd R Stepping L then R (Tight Turn) (12:00)

## [17–24] Side Drag, Cross Behind & ¼ L, Step Fwd R & Pivot ½ L, Step Fwd R, Step Fwd & ½ L, ¼ L, Cross Shuffle

- 1,2&3&4      Large Step L to L dragging R towards L, Cross R behind L & Turn ¼ L on L (9:00), Step fwd R & Pivot ½ L Step fwd R (3:00)  
5&6      Step fwd L & Turning ½ L Step back on R (9:00), Turn a further ¼ L Ending with L to L side (6:00)  
7&8      Cross Shuffle R over L Stepping R,L,R (6:00)

## [&25–32&] & Step Side, Cross Behind / Sweep Side, Behind & ¼ R, ¼ R Side Drag, Side Rock Cross, Side Rock Cross, ¼ L & ½ L

- &1,2&3      Stepping L to L (&) Cross R behind L Sweeping L to L side, Cross L behind R & Turn ¼ R on R (9:00), Turning a further ¼ R End with L to L side Dragging R towards L (12:00) (Wt L)  
4&5,6&7      Rock R to R side & Replace wt on L, Cross R over L, Rock L to L side & Replace wt on R, Cross L over R  
8&      Turning ¼ L Step back on R & Turning ½ L Step fwd on L (3:00)

## [33–40&] Lunge Fwd, Rock Back & ½ R, Lunge Fwd, Rock Back & ¼ L, ½ Sweep L, Behind & Step Side, Cross Rock, Rock Back & ¼ L

- 1,2&      Lunge fwd R dragging L towards R, Rock back on L & Turn ½ R on R (9:00)  
3,4&      Lunge fwd L dragging R towards L, Rock back on R & Turn ¼ L on L (6:00)  
5      Turning ½ L Step fwd onto R Sweeping L to L side (12:00)  
6&7,8&      Cross L behind R & Step R to R, Cross Rock L over R, Rock back on R & Turn ¼ L on L (9:00)

## [41–48] Lunge Fwd, Rock Back & ½ R, Lunge Fwd, Rock Back & ¼ L, ½ Sweep L, Behind & Step Side, Cross Rock, Rock Back & ¼ L

- 1,2&      Lunge fwd R dragging L towards R, Rock back on L & Turn ½ R on R (3:00)  
3,4&      Lunge fwd L dragging R towards L, Rock back on R & Turn ¼ L on L (12:00)  
5      Turning ½ L Step fwd onto R Sweeping L to L side (6:00)  
6&7,8&      Cross L behind R & Step R to R, Cross Rock L over R, Rock back on R & Turn ¼ L on L (3:00)

## [49–56] Shuffle Fwd & ½ R, Coaster Back & ¼ R, Rock Back, Replace & ½ L, Rock Back, Replace

- 1&2&3&4      Shuffle fwd R Stepping R,L,R & Turning ½ R Step back onto L (9:00), Step back on R & Step L beside R, Step fwd on R (9:00)

&5,6&7,8      & Turning ¼ R End by Stepping L to L (12:00), Rock back R, Rock fwd on L & Turning ½ L  
Step back onto R, Rock back on L, Rock fwd onto R (6:00)

**[57–64&] Cross Rock, Replace & Cross Rock, Replace, Full Triple Spin R, Hip Sway L, R & Step L To L**  
1,2&3,4      Cross Rock L over R, Rock back on R & Step L to L, Cross Rock R over L, Rock back on L  
dragging R towards L (6:00)

5&6      Full Triple Spin R travelling to R side Stepping R,L,R (6:00)

7,8&      Hip Sway L to L, Hip sway R to R & Step L to L side (6:00)

**Sequence:**

**Wall 1 (Dance full Dance to face 6:00)**

**Wall 2 (Dance to Count 54& to face 12:00) add a Coaster back on L (Start again facing 12:00)**

**Wall 3 (Dance to count 52 & Turning ¼ R Stepping L to L start again facing 12:00)**

**Wall 4 (Dance Full Dance to 6:00)**

**Dance to music ends...Facing Front Wall. Enjoy**

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