

My All

拍數: 48 牆數: 4 級數: Improver - Rumba
編舞者: Christina Yang (KOR) - February 2012
音樂: My All - Mariah Carey



Intro: Start the dance after vocals "I am thinking "

[1-8] Backward, recover, Forward, Hold / Forward, recover, Backward, Hold

1-2 Step back on R(1), Weight transfer in place on L(2)
3-4 Step forward on R(3), Hold(4).
5-6 Step forward on L(5), Weight transfer in place on R(6)
7-8 Step back on L(7), Hold(8).

[9-16] Backward, recover, Diagonal forward, 1/4 turn to right / Forward, Forward & 1/2 turn to Left, Backward, Hold.

9-10 Step back on R(9), Weight transfer in place on L(10)
11-12 Diagonal step forward on R then toe turned out(11), 1/4 turn to right with swivel on ball of R(12)

(Note: Touch L toe beside R on the 12 & weight in R).

13-14& Step forward on L(13), Step forward on R(14), 1/2 turning to left(&)
15-16 Step back on L(15), Hold(Weight in left)(16).

[17-24] Backward, recover, 1/4 turn right stepping forward, Hold / Pivot 1/2 turn to right, forward walk, Hold

17-18 Step back on R(17), Weight transfer in place on L(18)
19-20 Make 1/4 turn right stepping forward on R(19), Hold(20).
21-22 Pivot 1/2 turn to right(21,22)
23-24 Step forward on L(23), Hold(24).

[25-32] Side Cucaracha right & left

25-26 Step R to right side(25), Weight transfer in place on L(26)
27-28 Step R closed to left with weight in L(27), Weight transfer in R(28)

(Note : Stand up with the R heel on the 27 and the L heel on the 28.)

29-30 Step L to left side(29), weight transfer in place on R(30)
31-32 Step L closed to right with weight in R(31), Weight transfer on L(32).

(Note : Stand up with the left heel on the 31 and the right heel on the 32.)

[33-40] Backward, recover, 3/4 turn to left, 1/4 turn to left & Triple step, sweep

33-34 Step back on R(33), weight transfer in place on L(34)
35 Make 1/4 turn left stepping side on R(35)
36 Continue to turn another 1/2 turn left on ball of R foot(36)

(Note: Allow L foot without weight to cross in front of right)

37-38 Make 1/4 turn left stepping forward on L(37), Step R closed to L(38)
39-40 Step forward on L(39), Sweep R out and around from back to front(40).

[41-48] Cross forward walk, Backward walk, 1/4 turn right long stepping to right, Hold / Cross forward walk, Recover, Long step to left , Hold.

41-42 Cross step R over L(41), Step back on L(42)
43-44 Make 1/4 turn R long stepping to right side(43), Hold(44)
45-46 Cross step L over R(45), Weight transfer in place on L(46)
47-48 Step L long stepping to left side(47), hold(48).

Start again from beginning.

**RESTART: On 3rd & 7th time through dance, do first 16 counts, restart from beginning
(You will be facing 3:00 o'clock).**
