

# 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).**

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