

All About Michael

拍數: 64 牆數: 2 級數: Improver - Novelty
編舞者: Niels Poulsen (DK) - April 2013
音樂: All of Me - Michael Bublé : (Album: Crazy love - Hollywood edition - iTunes)



Note: NO TAGS, NO RESTARTS!...?

Extra note: The purpose of counts 33-48 is to show a little bit of Broadway style... Go for it! ?

Intro: 32 counts from first drum beat in music (15 secs into track). Weight on L

[1 – 8] R cross rock, R side rock. R jazz box, step L fw

1 – 4 Cross rock R over L (1), recover on L (2), rock R to R side (3), recover on L (4) 12:00

5 – 8 Cross R over L (5), step back on L (6), step R to R side (7), step fw on L (8) 12:00

[9 – 16] R step lock step, hold, step turn step, scuff R

1 – 4 Step fw on R (1), lock L behind R (2), step fw on R (3), hold (4) 12:00

5 – 8 Step fw on L (5), turn ½ R stepping onto R (6), step fw on L (7), scuff R fw and slightly R (8) 6:00

[17 – 24] Vine ¼ R, hold, step ¼ cross, hold

1 – 4 Step R to R side (1), cross L behind R (2), turn ¼ R stepping fw on R (3), hold (4) 9:00

5 – 8 Step fw on L (5), turn ¼ R onto R (6), cross L over R (7), hold (8) 12:00

[25 – 32] Vine ¼ R, hold, step ¼ cross, hold

1 – 4 Step R to R side (1), cross L behind R (2), turn ¼ R stepping fw on R (3), hold (4) 3:00

5 – 8 Step fw on L (5), turn ¼ R onto R (6), cross L over R (7), hold (8) 6:00

[33 – 40] Side R, kick L, cross L, kick R, side R, kick L, L jazz box

1 – 4 Step R to R side (1), kick L diagonally fwd R (2), cross L over R (3), kick R diagonally fwd R (4) 6:00

5 – 8 Step R to R (5), kick L diagonally R (6), cross L over R (7), step R back squaring up to (8) 6:00

Styling options for counts 2 – 6: keep whole upper-body and face towards 6:00, lean upper-body slightly backwards.

Also: Bend knees on counts 1, 3, 5. Straighten knees when doing your kicks on counts 2, 4, 6. [6:00]

[41 – 48] Side L, kick R, cross R, kick L, side L, kick R, R jazz box

1 – 4 Step L to L side (1), kick R diagonally fwd L (2), cross R over L (3), kick L diagonally fwd L (4) 6:00

5 – 8 Step L to L (5), kick R diagonally fwd L (6), cross R over L (7), step L back squaring up to (8) 6:00

Styling options for counts 2 – 6: keep whole upper-body and face towards 6:00, lean upper-body slightly backwards.

Also: Bend knees on counts 1, 3, 5. Straighten knees when doing your kicks on counts 2, 4, 6. [6:00]

[49 – 56] Side R, touch, back L, touch, R step lock step, scuff L

1 – 4 Step R to R side (1), touch L next to R (2), step L back opening body to L side but keep looking fwd (3), touch R in front of L (4) 6:00

5 – 8 Step fw on R (5), lock L behind R (6), step fw on R (7), scuff L fw (8) 6:00

[57 – 64] Fw L, tap behind, back R, kick L fw, back L with sweep, sweep, R behind, side L

1 – 4 Step fw on L (1), tap R behind L bending in L knee (2), stretch knees stepping back on R (3), kick L fwd (4) 6:00

5 – 8 Step back on L starting to sweep R to R side (5), sweep R backwards (6), cross R behind L (7), step L to L side (8) 6:00

Begin again!...

Ending The dance automatically finishes facing 12:00 after your step turn step on count 15 in section 2. When stepping fw on L on count 15 do it with a STOMP, spread your arms out, palms facing the front and shake your hands with fingers spread out (jazz hands!) 12:00

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