

All of Me

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate NC2S
編舞者: Travis Taylor (AUS) - December 2013
音樂: All of Me - John Legend : (Album: Love In The Future - iTunes)



Intro: 8 counts just before the lyric

BACK DRAG, BACK COASTER CROSS, SIDE ROCK, CROSS, SIDE, 1/2L HITCH, 1/4R, FULL TURN R, KICK

1 Step L back while dragging R towards L
2&3 Step R back, Step L together, Cross R over L
&4& Rock L to L, Replace wt on R, Cross L over R
5-6 Step R to R whilst hinging 1/2L hitch L knee, Step L to L (6:00)
7&8& Travel to R - 1/4R step R FWD, 1/2R step L back, 1/2R step R FWD, Kick L on L 45 (9:00)

CROSS, BACK, BACK, CROSS, BACK, 1/2R, 1/2R, 1/2R, FWD, 1/4R PIVOT, CROSS, 1/4L, 1/2L, 1/4L

1-2& Gently Cross/Lock L over R, Step R back diagonally, Step L back diagonally
3& Cross/Lock R over L, Step L back diagonally
4&5 Travel back -1/2R step R FWD, 1/2R step L back, 1/2R step R FWD (3:00)
6&7 Step L FWD, 1/4R Pivot wt on R, Cross L over R (6:00)
8&1 1/4L step R back, 1/2L step L FWD, 1/4L big step R to R (6:00)

BEHIND, SIDE, CROSS ROCK, SIDE ROCK, BEHIND SWEEP, BEHIND, 1/8L, FWD, FWD, 1/4L, BACK DRAG

2& Step L behind R, Step R to R
3&4& Cross Rock L over R, Replace wt on R, Rock L to L, Replace wt on R
5 Step L behind R sweep R around
6&7 Step R behind L, 1/8L step L FWD, Step R FWD drag L towards R (4:30)
8&1 Step L FWD, 1/4L step R to R, Step L back dragging L towards R (1:30)

(Note: count 6-8 travel in a 1/2 diamond walk)

BACK, 1/8L, CROSS ROCK & CROSS ROCK & CROSS, FULL UNWIND L, SWEEP

2& Step R back, 1/8L Step L to L (Straighten up to 12:00)
3-4& Cross R over L, Replace wt on L, Step R to R
5-6& Cross L over R, Replace wt on R, Step L to L
7-8 Cross Touch R over L, Full turn L unwind wt on R (12:00)
a Sweep L foot around ###

BEHIND, SIDE, CROSS, SIDE, BACK ROCK, 1/4R, 1/4R SIDE ROCK, CROSS, SIDE ROCK, CROSS

1&2& Step L behind R, Step R to R, Cross L over R, Step R to R
3-4& Rock L back, Replace wt on R (over turn to L 45), 1/4R Step L back (3:00)
5-6& 1/4R rock R to R, Replace wt on L, Cross R over L (6:00)
7-8& Rock L to L, Replace wt on R, Cross L over R

1/2L HITCH, SIDE, TOG, FWD, SIDE, TOG, BACK, BACK, 1/2R, PRESS, RECOVER

1 Step R to R hinging 1/2L hitch L (12:00)
2&3 Step L to L, Step R together, Step L FWD
4&5 Step R to R, Step L together, Step R back
6&7 Step back L, 1/2R Step R FWD, Step/Press L FWD (L & R knee bent) (6:00)
8 Replace wt R back (Straightening up both legs)

REPEAT

Ending: wall 6 (6:00) - dance to count 32a - change the full unwind to 1 1/2L to face the front (or alternately unwind 1/2L without the sweep) ###

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