

All Of Me

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate NC2S
編舞者: Simon Ward (AUS) - January 2014
音樂: All of Me - John Legend : (Album: Love In The Future, - iTunes)



Intro: Dance begins approx 8 secs into song on vocals

[1-8&] R basic, L basic, R fwd diagonal, L fwd, ½ turn L, L back, Recover, ¼ R

- 1-2& Large step right to right dragging left towards, Rock/step left behind right, Recover and slightly cross/step right over left (12.00)
- 3-4& Large step left to left dragging right towards, Rock/step right behind left, Recover and slightly cross/step left over right (12.00)
- 5-6& Step right forward to right diagonal (1.30) pulling right shoulder back to prep for styling, Step left forward, Turn a ½ turn left stepping right back (7.30)
- 7-8& Rock/step left back, Recover onto right turning 1/8 turn right (9.00), Turn a further ¼ turn right stepping back on left (12.00)

[9-16&] ¼ R with R basic, Rock L, Recover, Cross L, ¼ L, L back, R fwd, ½ R, R back sweep, L behind, R side

- 1-2& Turn a further ¼ turn right & step right to right side (3.00), Rock/step left behind right, Recover and slightly cross/step right over left
- 3&4& Rock/step left to left side, Recover weight onto right, Cross/step left over right, Step right to right turning ¼ turn left (12.00)
- 5-6& Rock/step left back, Step right slightly forward, Turn a ½ turn right and step left back (6.00)
- 7-8& Step right back sweeping left back, Step left behind right, Step right to right turning 1/8 right (7.30)

[17-24&] Lunge L, R back, L back ½ turn R, Complete turn & hitch, Cross L, ½ L, Cross R, Recover, 1 ¼ turn R

- 1-2& Lunge left fwd (7.30), Step right slightly back, Step left slightly back starting to make a ½ turn right (1.30)
- 3-4 Complete ½ turn right stepping onto right hitching left knee (1.30), Cross/step left over right to (3.00)
- 5&6 Make a ¼ turn left stepping back on right (12.00), Make a further ¼ turn left stepping left to left side (9.00), Cross/rock right over left
- 7&8& Recover weight back onto left, Make a ¼ turn right stepping right forward (12.00), Make a further ½ turn right stepping back on left (6.00), Turn a further ½ turn right stepping forward on right (12.00)

[25-32&] ½ R with sweep, R back, L back, Rock R, Recover L, Walk R,L, R fwd pivot ½ L, R fwd, ½ turn R

- 1-2 Make a further ½ turn right stepping back on left sweeping right back (6.00), Step right back and directly behind left roll left shoulder back for styling
- 3-4& Step left back and directly behind right, roll right shoulder back for styling, Rock/step right back, Recover weight forward on left
- 5-6 Walk forward right, left
- 7&8& Step right forward, Pivot ½ turn left taking weight onto left, Step right forward, Step left slightly forward making a ½ turn right

RESTART

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