

All For One

Count: 32

Wall: 4

Level: Beginner

Choreographer: Frank Heelan (IRE) - April 2020

Music: All for One - Five for Fighting



Sec 1 Cross rock, side rock, back lock back, coaster step.

- 1-2 Cross right over left, recover to left.
- 3-4 Rock right to right, recover to left.
- 5&6 Step back right, lock left over right, step back right.
- 7&8 Step back left, right together, forward left. (12.00)

Sec 2 Point right to right, turn ½ right stepping right next to left, point left to left, step left together. (Monterey turn) Repeat.

- 1-2 Point right to right, turn ½ right stepping right next to left.
- 3-4 Point left to left, step left next to right. (Weight to left) (6.00)
- 5-6-7-8 Repeat counts 1-4 finishing facing (12.00)

Sec 3 Kick, kick, coaster step, rock recover, sailor ¼ turn.

- 1-2 Kick right forward twice.
- 3&4 Step back right, left together, forward right.
- 5-6 Rock forward left, recover to right.
- 7&8 Turn ¼ left sweeping left behind, recover to right, step left to left. (9.00)

Sec 4 Rock recover, shuffle back, coaster step, walk, walk.

- 1-2 Rock forward right, recover to left.
- 3&4 Step back right, left together, step back right.
- 5&6 Step back left, right together, forward left.
- 7-8 Walk forward right, left. (9.00)

No Tags, No Restarts. I think the message in this song sums it all up at this difficult time for everyone "One for all and all for one"

Keep dancing in your hearts we will all be back together soon.

Contact: heelanjohnl@gmail.com
