

I Am All I Need (P)

Count: 48

Wall: 1

Level: Beginner Partner

Choreographer: Hannah Jeffries (UK) & Alex Wise (UK) - July 2025

Music: I Am All I Need - Scarlett Whincup



#8 Count Intro From The Beat

Position: Sweetheart (Cape)

Section 1: Toe, Heel, Cross, Hold, Toe, Heel, Cross, Hold

- 1-2 Touch right toe in towards left instep turning knee in (1), touch right heel in towards left instep turning knee out (2).
- 3-4 Cross right foot over left putting weight down on right foot (3), hold (4).
- 5-6 Touch left toe in towards right instep turning knee in (5), touch left heel in towards left instep turning knee out (6).
- 7-8 Cross left foot over right putting weight down on left foot (7), hold (8).

Section 2: Toe, Heel, Cross, Hold, Toe, Heel, Cross, Hold

- 1-2 Touch right toe in towards left instep turning knee in (1), touch right heel in towards left instep turning knee out (2).
- 3-4 Cross right foot over left putting weight down on right foot (3), hold (4).
- 5-6 Touch left toe in towards right instep turning knee in (5), touch left heel in towards left instep turning knee out (6).
- 7-8 Cross left foot over right putting weight down on left foot (7), hold (8).

Section 3: R Shuffle, L Shuffle, R Shuffle, L Shuffle

- 1&2 Step forward on right (1), step left next to right (&), step right forward (2).
- 3&4 Step forward on left (3), step right next to left (&), step left forward (4).
- 5&6 Step forward on right (5), step left next to right (&), step right forward (6).
- 7&8 Step forward on left (7), step right next to left (&), step left forward (8).

Section 4: Walk Forward, L Kick, Walk Back, R Touch.

- 1,2,3,4 Walk right (1), left (2), right (3), kick left forward (4).
- 5,6,7,8 Walk back left (5), right (6), left (7), touch right next to left (8).

Section 5: Inside - Vine to Right, Vine to Left / Outside - Rolling Vine Right and Rolling Vine Left

- 1,2,3,4 Step right (1), step left behind (2), step right (3), touch left next to right (4).
- 5,6,7,8 Step left (5), step right behind (6), step left (7), touch right next to left (8).

Section 6: Step Touch, Back Touch, Hip Bumps R,L,R,L (Wiggle, Wiggle, Wiggle, Wiggle)

- 1,2 Step forward on right (1), touch left behind right (2).
 - 3,4 Step back on left (3), touch right next to left (4).
 - 5,6 Hip right to right side (5), hip left to left side (6).
 - 7,8 Hip right to right side (7), hip left to left side (8).
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