

All or Nothing

Compte: 32

Mur: 4

Niveau: High Intermediate

Chorégraphe: Hiroko Carlsson (AUS) - March 2023

Musique: All Or Nothing - Topic & HRVY : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(16 counts intro)

[S1] Side, Rock Behind, 1/4R, Rock Back, Side-Cha-Cha, Side, Cha-Cha

- 1 2& Step R to the side, Rock L behind R, Replace weight on R
- 3 4& Make a ¼ turn right stepping diagonally back on L (3:00), Rock back on R, Replace weight on L
- 5&6 Step R to the side, Step L next to R, Step R next to L
- &7 8 Step L to the side L, Step R next to L, Step L next to R

[S2] Side, Behind-1/4R, Step-Pivot 3/4R, Side, Behind-1/4L, Step-Pivot 1/2L w/ Hitch

- 1 2& Big step R to the side, Step L behind R, Make a ¼ turn right stepping forward on R (6:00)
- 3 4 Step forward on L, Make a ¾ turn right recover weight on R (3:00)
- 5 6& Big step L to the side, Step R behind L, Make a ¼ turn left stepping forward on L (12:00)
- 7 8 Step forward on R, Make a ½ turn left recover weight on L/ hitch R knee forward (6:00) -prep for push back coaster

[S3] Coaster Step, Touch w/ Shoulder Pop, &-Behind-1/4L-1/4L, Touch w/ Shoulder Pop

- 1&2 Step back on R, Step L next to R, Step forward on R
- 3&4 Touch L next to R on count 3/Pop L shoulder front (3)-back (&)-front (4) (or shimmy your shoulders)
- &5&6 Step L to the side, Step R behind L, Make a ¼ turn right stepping forward on L, Make a ¼ turn left stepping R to the side (12:00)
- &7&8 Touch L next to R, Pop L shoulder front (7)-back (&)-front (8) (or shimmy your shoulders)

[S4] Out-Out, Knee Roll-In-In, Step-Pivot 1/2L, Step-Pivot 3/4L w/ Cross Dip

- &1 Step L out to the side, Step R out to the side
- 2 3 L knee roll in, Knee roll out
- &4 Step R back to the centre, Step L next to R
- 5 6 Step forward on R, Make a ½ turn left recover weight on L (6:00)
- 7 8 Step forward on R, Make a ¾ turn left recover weight on L/slightly dip down (9:00)

Ending suggestion: The last wall starts at 12:00 o'clock.

To finish front, change the last 2 counts to Step-Pivot 1/2L.

(updated: 8/Mar/23)