|  |  |
| --- | --- |
| Everything at Once |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍数:** | 80 | **墙数:** | 1 | **级数:** | High Beginner | . |
| **编舞者:** | Erma Go (INA) - April 2023 | | | | |
| **音乐:** | Everything at Once - Lenka | | | | |
| . | | | | | | |

**Intro : 16 Count – Start on Vocal**

**Tag : 8 Count**

**Part A : 32 Count**

**Part B : 16 Count**

**Part C : 32 Count**

**Sequence : A B B B – Tag – A A B B B – Tag – C A A B B B – Tag – A A B B B – Tag**

**Part A**

**Section 1 : Touch Side – Touch Cross – Rock Side Touch Cross**

|  |  |
| --- | --- |
| 1 – 2 | Touch toe RF to R – drop heel RF in place |

|  |  |
| --- | --- |
| 3 – 4 | Touch toe LF cross over R – drop heel LF in place |

|  |  |
| --- | --- |
| 5 – 6 | Step RF to R – recover on L |

|  |  |
| --- | --- |
| 7 – 8 | Touch toe RF cross over L – drop heel RF in place |

**Section 2 : Touch Side – Touch Cross – Rock Side Touch Cross**

|  |  |
| --- | --- |
| 1 – 2 | Touch toe LF to L – drop heel LF in place |

|  |  |
| --- | --- |
| 3 – 4 | Touch toe RF cross over L – drop heel RF in place |

|  |  |
| --- | --- |
| 5 – 6 | Step LF to L – recover on R |

|  |  |
| --- | --- |
| 7 – 8 | Touch toe LF cross over R – drop heel LF in place |

**Section 3 : Rocking Chair – ¾ Pivot Turn L**

|  |  |
| --- | --- |
| 1 – 2 | Step RF foward – recover on L |

|  |  |
| --- | --- |
| 3 – 4 | Step RF back – recover on L |

|  |  |
| --- | --- |
| 5 – 6 | Step RF foward – ½ turn L recover on L (06.00) |

|  |  |
| --- | --- |
| 7 – 8 | Step RF foward – ¼ turn L recover on L (03.00) |

**Section 4 : Wave – ¼ Jazz Box Turn L**

|  |  |
| --- | --- |
| 1 – 2 | Step RF cross over LF – step LF to L |

|  |  |
| --- | --- |
| 3 – 4 | Step RF cross behind LF – touch toe LF to L |

|  |  |
| --- | --- |
| 5 – 6 | Step LF cross over RF – ¼ turn L and step RF back (12.00) |

|  |  |
| --- | --- |
| 7 – 8 | Step LF to L – step RF close together |

**Part B**

**Section 1 : Lindy**

|  |  |
| --- | --- |
| 1 & 2 | Step RF to R – Step LF close beside RF – Step RF to R |

|  |  |
| --- | --- |
| 3 – 4 | Step LF behind RF – recover on R |

|  |  |
| --- | --- |
| 5 & 6 | Step LF to L – Step RF close beside LF – Step LF to L |

|  |  |
| --- | --- |
| 7 – 8 | Step RF behind LF – recover on L |

**Section 2 : Diagonal Side Touch**

|  |  |
| --- | --- |
| 1 – 2 | Step RF to R diagonal foward – touch toe LF beside RF |

|  |  |
| --- | --- |
| 3 – 4 | Step LF to L diagonal foward – touch toe RF beside LF |

|  |  |
| --- | --- |
| 5 – 6 | Step RF to R diagonal back – touch toe LF beside RF |

|  |  |
| --- | --- |
| 7 – 8 | Step LF to L diagonal back – touch toe RF beside LF |

**Part C**

**Section 1 : Rolling Vine**

|  |  |
| --- | --- |
| 1 – 2 | Step RF to R – ¼ turn R and step LF foward |

|  |  |
| --- | --- |
| 3 – 4 | ½ turn R and step RF back – ¼ turn R and touch toe LF to L |

|  |  |
| --- | --- |
| 5 – 6 | Step LF to L – ¼ turn L and step RF foward |

|  |  |
| --- | --- |
| 7 – 8 | ½ turn L and step LF back – ¼ turn L and Step RF close together |

**Section 2 : Foward Touch – ½ Pivot Turn L – Foward Suffle**

|  |  |
| --- | --- |
| 1 – 2 | Step RF foward – touch toe LF to L |

|  |  |
| --- | --- |
| 3 – 4 | Step LF foward – touch toe RF to R |

|  |  |
| --- | --- |
| 5 – 6 | Step RF foward – ½ turn L recover on L (06.00) |

|  |  |
| --- | --- |
| 7 & 8 | Step RF foward – step LF close beside RF – step RF foward |

**Section 3 : Foward Touch – ½ Pivot Turn R – Foward Suffle**

|  |  |
| --- | --- |
| 1 – 2 | Step LF foward – touch toe RF to R |

|  |  |
| --- | --- |
| 3 – 4 | Step RF foward – touch toe LF to L |

|  |  |
| --- | --- |
| 5 – 6 | Step LF foward – ½ turn R recover on R (12.00) |

|  |  |
| --- | --- |
| 7 & 8 | Step LF foward – step RF close beside LF – step LF foward |

**Section 4 : V Step – Side Tap and Hold**

|  |  |
| --- | --- |
| 1 – 2 | Step RF to R digonal foward – step LF to L diagonal foward |

|  |  |
| --- | --- |
| 3 – 4 | Step RF back to centre – step LF close together |

|  |  |
| --- | --- |
| 5 – 6 | Tap RF to R – hold |

|  |  |
| --- | --- |
| 7 – 8 | Hold |

**Tag**

**V step – Jazz Box**

|  |  |
| --- | --- |
| 1 – 2 | Step RF to R digonal foward – step LF to L diagonal foward |

|  |  |
| --- | --- |
| 3 – 4 | Step RF back to centre – step LF close together |

|  |  |
| --- | --- |
| 5 – 6 | Step RF cross over L – step LF back |

|  |  |
| --- | --- |
| 7 – 8 | Step RF to R – Step LF close together |

**Last Update: 9 Apr 2023**